

To the Curteous

Reader.

*Widowes Treasure Lond. 1639*



His Pamphlet being written (not many yeres past as it should seeme) at the earnest request and sute of a Gentlewoman in the Countrey for her private use, whiche by these singuler practises hath obtained suche fame, that her name shall be remembered for ever to the posteritie. The originall Copie (by great chaunce) was lent me by an especial friend of myne in the perusing whereof: I found it so furnished with suche rare experiments and pretie conceits, as the like not to my knowledge extant in the English tongue. I thought it my duty for the health and pleasure of many my frendes, to set the forth to the view of the world, to be practized especially of those that

*A. W.*

*1639*

## To the Reader

Take delight in suche matter, or hath any occasion through their defects to use the for their healths sake. This I dare presume to reporte of the woorke that there are herein included very many secretes, that I knowe by the Widowes owne practise, to be most singuler and approued, and though perhappes thei are not orderly set doune as many of better skill might haue done, I desire you to consider that this was of the collection of suche a one, as neuer once thought to haue made them common: but onely to his good freende M R. This caueat she also giueth you by the waie, to reade them aduisedly and practise with discretion, and as you finde commend. So with all humilitie concluding, I dedicat vnto you this her treasure and chiefe Iewell: desirying you to bee a defence as well for her as for me, from all suche as, shal in your hearing scorne her, or me for disclosing suche profitable experimentes.

Fare you well.



FINIS.



# The VVidowes

## Treasure.

To make Sirrop of Roses  
or Violettes.



Take of Violettes or Roses a  
pounde, steepe them in three  
pintes of warme water, put it  
in an earthen pot with a nar-  
rowe mouth the space of eight houres or  
more, after straine it and warme the wa-  
ter againe: and put to it againe so many  
Roses or Violettes, and likewise let them  
lye in steepe eight houres, and thus doe at  
the least fve tymes, the oftner the better,  
in especiall the Roses, and after take to e-  
uery pinte halfe a pounde of Suger, and  
steepe them together till the Suger bee  
molten, then seeth them together with a  
soft sweete fire to the heith of a Sirrup: If  
you haue more Roses or Violettes or fe-  
wer, let so muche be the proportion of the  
water, accordyng to the proportion before.

To make Diatrion Pipereon the best.

Take white Pepper, blache Pepper,  
and long Pepper, of eche sixe dragmes

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and

## The Widomes

and eightene graines, Tyme, Ginger,  
Aniseedes, of eche a dragme : beate the  
long Pepper Aniseedes Ginger and  
Tyme into fine powder, bruse the other  
two Peppers as grose as maie bee : then  
take Sugar clarified with Bisshop water,  
rightene ʒ, seeth the Sugar, and take so  
muche of the water aboue saied as will co-  
uer it. To knowe when it is enough, drop  
a drop on a Saucer, and if it will come frō  
the Saucer without cleauing it is enough:  
Then after cooling, put in your powder  
and stirre them altogether, and after put all  
into a pot &c.

### *Veritutes huius confectionis sequuntur.*



This decoction is good to eate,  
alwaies before and after meate  
For it will make digestion good,  
and turne your meate to pure blood.  
Besides this, it doeth excell,  
all windines to expell;  
And all grose humors colde and rawe,  
That are in the belly stomach or in the  
It will dissolue without paine,  
and keepe euill vapors from the braine:  
Besides

## Treasure.

besides this it will restore,  
your memorie, though lost before,  
Use is therefore when you please,  
for therein resteth mightie ease.

### To make Rosa Solis.

**T**ake first a quarte of the best Aqua  
viva that you can get, and put it in  
to a glasse or pot of earth, then put  
into it five handfulls of Rosa Solis cleane  
picked, and the rootes & dead leaves cleane  
clipped of, a quarterne of Sugar beaten to  
pouder, nine Dates opened and the white  
skinne within pilled or pluckt of, then shew  
the Dates in small peeces, and one ℥. Cin-  
ger, di. ℥. Nutmegges ℥i. Anniseedes ℥iiij.  
Liqueres, beatyng all these last rehearsed  
into fine pouder: Then put them altoge-  
ther in the saied glasse or pot, lettynge them  
stande very close stopped the space of three  
or fower daies, then take the all and straine  
the foresaied thinges into some cleane ves-  
sell as harde as you maie, so that you maie  
haue as muche of the strength as is possible  
to haue of it: then take and put the liquor  
into the glasse or vessell that you meane to  
preserue

A. iij.

preserue

## *The Widowes*

preserue it in, and stoppe it very close that  
no strength passe out of it in any maner.

### *Doctor Hatcher's Poulder against the Stone.*

**T**ake the Rootes of Ireos, Liquerice,  
Calamus Aromaticus, the heare of the  
Hares skinne burnt, of eche  $\mathfrak{z}\mathfrak{s}$ . the Rootes  
of Enula Campana, Filipendula, Ginger,  
long Pepper, Anniseede, Fenell seede,  
Saxifrage seede, Ana.  $\mathfrak{z}\mathfrak{i}\mathfrak{s}$ . Cinamom, Pa-  
res, Ciperus, Spicknarde, Saffron, By-  
tanie, Ana.  $\mathfrak{z}\mathfrak{i}$ . Sugar  $\mathfrak{z}\mathfrak{s}$ . Sene of Alexan-  
dria,  $\mathfrak{z}\mathfrak{i}\mathfrak{i}$ . Rhabarke  $\mathfrak{z}\mathfrak{i}$ . Of all these premb-  
les make a poulder fine and small, and take  
thereof the weight of viiij. in the morning  
fasting with white Wine, twice or thrise a  
weeke leuke warme. It clenseth the Blad-  
der, Backe, Reines and Kidnes from the  
Stone, it remediethe belly ache, and prou-  
oketh a lare.

### *Maister Stranges Plaister against the Stone.*

**T**ake Planten, Fetherfewe, Garden  
Tausie, and Housslike, of eche a like  
quantitie,

## *Treasure.*

quantitie, and stampe al these together and straine them, then take the iuyce and put to it Beane flowre alwaie as shall make it thicke, and then take thye or fower sponefulles of Honey, and clarifie them in the fire, whiche doen: put the iuyce and the flower into the Honey, and boyle them on the fire together untill thei be stiffe like a plaister. When you will vse this medicine, you must take a double cloth that shalbe a quarter of a yarde broade, and as long as will goe rounde about you, and strike this plaister vpon it, and as hot as you can sowe it round about you, and this must you weare two daies and a night, or els two nightes and a daie before you take it of.

## *To prouoke sleepe.*

Take a sponesfull of Womans milke, a sponesfull of Rosewater, and a sponesfull of the iuyce of Lettis, boyle them in a dish, then take some fine Flaxe and make your plaister as broade as you will haue it lye on your forehead, and then moyst it with the same liquor, and grate a litle Nutmegge so strawe ouer it, and laie it to your temples.

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ples and it will prouoke sleepe.

*A soueraigne medicine for  
the Collicke.*



Take a Tolle of Housholte bread  
of cleane Wheate, and euer as  
you tolle it cast Saltesse on it,  
then take dried Lanender flowers, and cast  
it on the Tolle, then laie it on a thinne  
cloath, and as hot as you can suffer it laie  
it to your Maile as cloase as you can,

*To make Aqua Composita.*

Take a handfull of Rosemary, a good  
Roote of Enula Campana, a hand-  
full of Billop, vi. handfull of Tyne,  
vi. handfull of Sage, sixe crops of Hints,  
as many of Pennyroyall, as many of Mar-  
geram, vi. handfull of Horehounde, two  
vnces of Liguere, two vnces of Gumlee-  
des brused, then take three gaunes of good  
Ale, and put therein all these thynges a-  
foresaid, and coner the pot close til it boyle,  
and then let on your Limbecke, and keepe  
vnder it but a soft easie fire, And if a man  
haue



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haue the Stone, these Hearbes be good to  
put into the saied water viz. di. handfull of  
Sapifrage, one handfull of Marcelp, di.  
handfull of Philipendula, and di. handfull  
of Fennell.

*For Cough and Flewme in  
the Stomacke.*

**T**AKE a quarte of stale Ale, and a handfull  
of Goosemeate whiche is named Way-  
refe, and a quantitie of pared Liqueris,  
and a quantitie of small Rysong, & boyle  
all together vnto a pinte, and drinke there-  
of first and last.

*For the Sciatica.*

**T**AKE Sauery, and mixe the iuyce ther-  
of with Wheate flower, and make a  
plaister thereof, and laie it where you feele  
the paine.

*A soueraigne oyntment for weak-  
nesse in the Backe.*

**T**AKE a handfull of Daffie rootes, and as  
much of Planten, Barba-pastors, Cam-  
turnodi,

## The Widowes

rummodi, and the crops of Arcons Ana  
handfull Bole Armoniacke, and the pow-  
der of a Hartes boyne, then take a Bucke  
Coney that is fat, and boyle all these toge-  
ther in white Wine and water, as much  
water as Wine, till the saied Coney bee  
consumed the fleshe from the bones, and  
after take the Coney and the other geare  
forth of the broth, and straine the broth into  
a cleane vessell, and let it stande till it turne  
into a gellie, and when you be in bed, cause  
the backe therewith to bee anoynted by a  
Chasingdishe of coates, three nightes to-  
gether, and laie thereon a linnen cloath  
warmed, and softly laie it on, and in no wise  
chafe your backe.

For Flcume or stoppyng in  
the Stomacke.

**T**Ake two handfulls of Honysuckle  
leaves, and one vnce of Anniseedes,  
and three stickes of Liqueres, boyle  
all these together in a quarte of water, till  
they be boyled from a quarte to a pinte, then  
drinke thereof in the morning fasting.

*To doo this  
by foot of  
wound or  
the Bismell*

*To doo this of Bitome dronken.  
To loosed, brayned, dropped of  
Bismell*

*For*

## *Treasure.*

*For Strangury or Stone in the  
Raines of the Backe.*

**T**Ake water of Camomill stilled, and  
drinke thereof when you feelee paine, one  
vnce fastyng, untill the paine be alaied, and  
eate a little Sugar after, because the wa-  
ter is bitter.

*To make Oyle of Camomill.*

**T**Ake Oyle a pinte and a halfe, and three  
vnces of Camomill flowers, dried one  
daie after thei be gathered in the shadowe,  
then put the Oyle & the flowers in a glasse  
and stoppe the mouthe close, and set it into  
the Sunne by the space of fortie daies.

*To make Oyle of Roses.*

**T**Ake Oyle washed eighteene vnces, the  
Buddes of Roses, the white endes of  
them cut awaie three vnces, laie the Roses  
abroade in the shadowe fower and twentie  
houres, then put the in a glas to the Oyle,  
and stoppe the glasse close, and set it in the  
Sunne at the least fortie daies.

*The*

## The Widows

The manner how to washe  
the Oyle.

**T**Ake and put it into a Basen of faire water, and beate it well with your hand that the bosome may fall doune, then take of thar parte whiche remaineth aboue on the water with a sponse, and put the same Oyle into an other Basen of faire water, and washe it as you did before, and so purifie it thre or fower tymes.

To make the oynment of Roses.

**T**Ake Oyle of Roses fower vnces, white Waxe one vnce, melt them together ouer seething water, then chafe them together with Rosewater and a litle white Vineger.

To make a Tyfande.

**T**Ake Borage, Langbeere, Sorrell, Cardiffe, Cinquefoyl, two or thre handfulls of Barley well picked and bothe the endes taken of, then take halfe a handfull of red Sennell, and a quantite of Liguere,

## Treasure.

Liquores, Sugar Candie, Figges, Dates,  
greate Reasons, boyle all together from a  
gallone to three pintes.

### For the Strangury.

**T**ake a pounce of Guaiacum, other wise  
called Lignum vitæ, and let it be beaten  
to poulder as a Apothecary enformeeth you,  
then put the substance therof in a pot with  
three quarters of pure water, and close the  
mouth of the pot surely, that in no wise the  
ayre thereof goe out, then make but a soft  
fire vnder the pot that it doeth not seethe or  
boyle, and to remaine so hot (but not boy-  
ling) the space of foure and twentie houres,  
and at the ende of foure and twentie houres  
open the hed of the pot, and take the whole  
substance and liquor, and put it in a Stilli-  
torie, and put thereto a pottle of white  
Wine, and when you haue stilled the same,  
drinke thereof in the morning fastyng, or  
any tyme els when you feele paine, and if  
you will haue but halfe a pounce of Guia-  
cum, then accordyng to the proportion of  
that quantitie, vse the ingredient as is a-  
bove written: And because many can not  
come

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come by white Wine, if you haue a pound  
of Guaiacum, after the rate put to the posin  
a gallon of clere water to bee ordered the  
space of foure and twentie houres as is a-  
foze saied : then straine it thzough a clothe,  
and drinke of it at your pleasure, but the  
uertue thereof will not last past three or fo-  
wer daies.

### *A Glister for the Strangury.*

**T**AKE Camomill flowers, and Mellons,  
of eche one handfull, see the them in a  
quarte of water to a pinte, then straine the  
liquor and put thereto three vnces of Oyle  
of Camomill, & the weight of two groates  
or lesse of Salt, and so prepare the Glister.

### *For the swelling of the Yearde or Coddles.*

**T**AKE Egrymonie of the water thereof  
stilled, and put thereto a quantitie of Al-  
lom, and set them ouer the fire, till they al-  
most boyle, then with a ragge of Linnen  
cloth anoynt the Yearde vnder the skinne  
with the water wel and warme, and it wil  
abate



## Treasure.

abate the paine of the Dearde and of the  
Cods also if thei be washed with the same.  
Also to incarnate the skinne of the Dearde  
which in, take the water of Funitary, and  
laie Liquerice pared therein one night, and  
put of the same water into the Deard with  
a sponge, or els with a tent of linnen cloth,

*g Doctor Bartletttes medicine for  
Aches with swellng.*

**T**ake flowers of Camomill and Rose  
leaves, seeth them in white Wine, ma-  
kyng a plaister thereof, laie it to the place  
where any paine, ache, or swellng is.

*To make one to pisse.*

**T**ake the poulder of the Buries of Iule,  
and drinke it with white Wine, or els  
with stale Ale hot.

**T**HE worthie Doctor & excellent prac-  
titioner Rasis writeth that whosoever  
often tymes snuffeth vp into his nostrelles  
the iuyce of greate Margeram, shall neuer  
be diseased in the head.

Bj.

A

## *The Widowes*

*A singuler remedie for all diseases in  
the head of what cause soener.*



Take a handfull of Camomill, a  
handfull of Betonie, a handfull of  
Uernaine leaues cleane picked,  
stampe them and seeth them in Ale woꝛte,  
and when it hath sod, put thereunto a little  
Cummen seebe finely beaten, with a little  
pouder of Hartes horne, thre sponesfulles  
of Vineger, the yelkes of two Egges, and  
a little Saffron, stirre them aboutt, and lay  
a plaister hot ouer all his forehead. It is an  
approued medicine for the Pegrin.

Best wormes that are founde betwene  
the Barke of Trees, whiche will bee  
rounde like a Pease sodden in Dyle, it ma-  
keth a singuler oyntment for the Pegrin:  
And the same Dyle dropped into the eares  
swageth the paine.

*An approued remedie for  
the Tothache.*

THE Rootes of Penbane sodden in Vi-  
neger and Rosewater, put the decoction  
in

## *Treasure.*

*In your mouth.*

*A worthy Purgation to a-  
uoid Choler.*

**T**Ake halfe an vnce of Cassia newly  
drawne, a dragme of good Rubarb  
infused a night in water of Endiue,  
with a little Spicknarde, and an vnce of  
Sirrop of Violets: mixe all the saied thin-  
ges with three vnces of Potisan or Whay,  
and drinke it warme.

*Against the vnkindly heate  
of the Liuer.*

**T**Ake a good handfull of Liuertwort that  
groweth vpon the stones, and an other  
of fumitorie, with as much of Hartes  
tongue, and seeth them in Whay clarified,  
and drinke them euery daie twise. Also  
seethe Barberies in Whay and drinke it.

**T**HE Liuer of a Hare dried and made in  
poulder, is approued for all diseases of  
the Liuer.

*Mithridates medicine against  
corrupt Ayres.*

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*Twentie*

## *The VVidowes*

*A singular remedie for all defeases in  
the head of what cause soeuer.*



**T**Ake a handfull of Camomill, a  
handfull of Betonie, a handfull of  
Ueruaine leaues cleane picked,  
stampe them and seeth them in Ale worze,  
and when it hath sod, put thereunto a little  
Cummen seebe finely beaten, with a little  
poulder of Hartes horne, three sponesfulles  
of Vineger, the pelkes of two Egges, and  
a little Saffron, stirre them about, and lay  
a plaister hot ouer all his forehead. It is an  
approued medicine for the Hegrin.

**C**hestwormes that are founde betwene  
the Barke of Trees, whiche will bee  
rounde like a Pease sodden in Dyle, it ma-  
keth a singular opntment for the Hegrin:  
And the same Dyle dropped into the eares  
swageth the paine.

*An approued remedie for  
the Tothache.*

**T**HE Rootes of Henbane sodden in Vi-  
neger and Rosewater, put the decoction  
in

## *Treasure.*

*in your mouth.*

*A worthy Purgation to a-  
uoide Choler.*

**T**Ake halfe an ounce of Cassia newly  
drawne, a dragma of good Rubarb  
infused a night in water of Endiue,  
with a little Spicknarde, and an ounce of  
Sirrop of Violets: mixe all the saied thin-  
ges with thre ounces of Pilsan or Whay,  
and drinke it warme.

*Against the vnkindly heate  
of the Liuer.*

**T**Ake a good handfull of Liuertwort that  
groweth vpon the stones, and an other  
of fumitorie, with as much of Hartes  
tongue, and seeth them in Whay clarified,  
and drinke them euery daie twise. Also  
seethe Barberies in Whay and drinke it.

**T**HE Liuer of a Hare dried and made in  
poulder, is approued for all diseases of  
the Liuer.

*Mithridates medicine against  
corrupt Ayres.*

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## *The VVidowes*

**T**Wentie leaues of Rew, twoo fat Figges, two Walnuts, and a little salte: whosoever eateth of this composition, shall bee sure from all kinde of venum that date.

### *To increase Milke in Womens Breastes.*

**P**ARSNEPPE Rootes and Fenell Rootes sodden in both of Chickins, and afterwards eaten with a little freshe Butter, maketh your milke encrease.

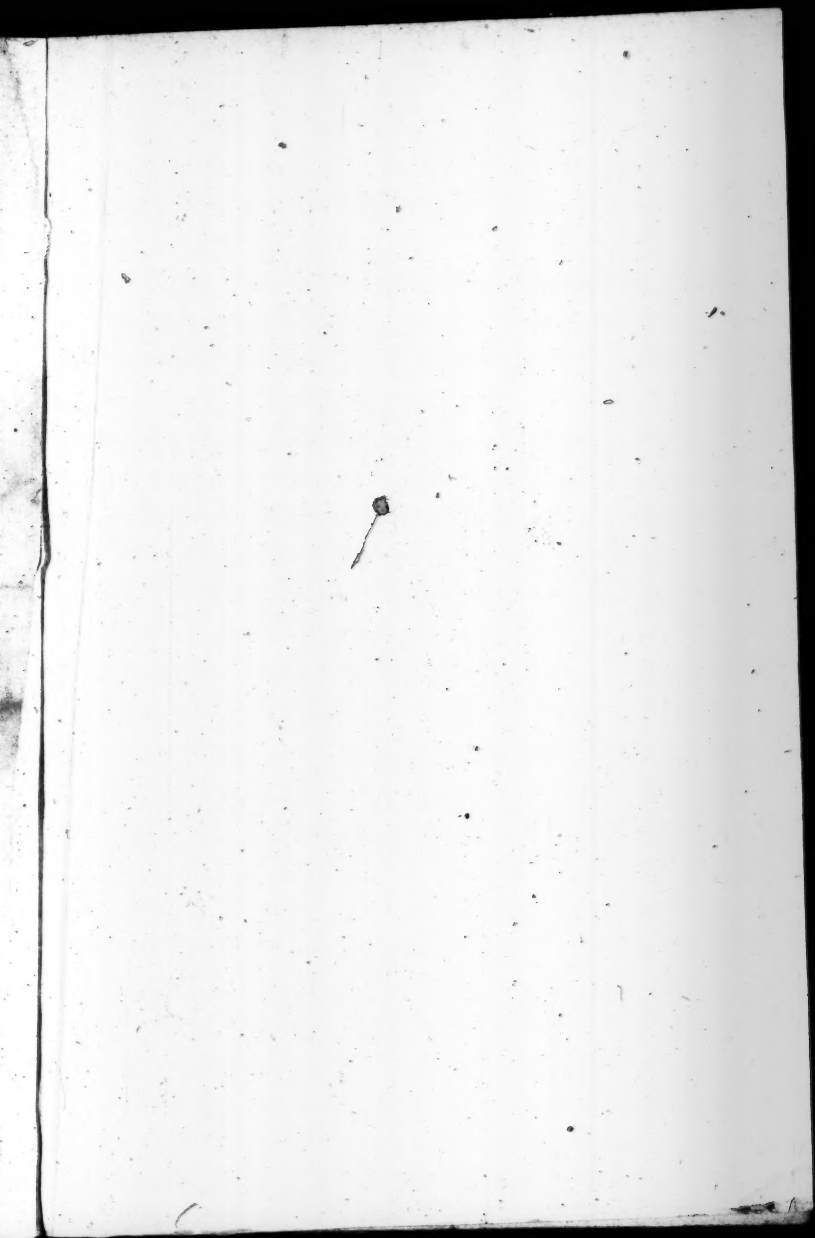
**R**Ice sodden in Cow Milke with crummes of white Breade. Fenell seede in powder and a little Suger, is exceeding good.

**C**hristall made in fine powder, and mixe it with as muche Fenel seede and Suger, and vse to drinke it warme with a little Wine.

### *An excellent Sope for Scabbes and Itche.*

**T**Ake white Sope halfe a di. and steepe it in sufficient Rosewater, till it be well soaked.







## Treasure.

Take Salte, and laie it to your wyes.

For the Tooth ache.

Take Bytonie, Sage, and Allome, seeth  
them in Vineger, and let it lye in your  
Tooth,

To keepe Venison freshea  
long tyme.



Resse out the bloud cleane, and  
put it into an earthen pot, and fill  
it with clarified Honey two fin-  
gers aboue the fleshe, and binde a leather  
close about the mouth that no ayre enter.

To keepe it from rottyng after  
it is new slaine.



Quer it close from the Sunne or  
ayre with fearne, and laie it in a  
colde place, then washe it cleane,  
and let it lye in water halfe a daie, and then  
laie it on the flowre to drye, then set the  
water and Salte together, and let it cooke  
till it be leuke warme, and then washe the

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Veni.

## *The Widowes*

Uision therein, and let it lye in that pickle three daies and three nightes, then take it out and powder it with drie Salte, and barrell it and stoppe it fast.

### *To keepe Peares.*

**P**UT them in a vessell that thei touche not eche other, and make a bed of Peares, and an other of fine white Salte, and couer them close.

### *To kill Lice.*

**M**ake a fire and put quicke siluer therein, and hang the clothes ouer it in the smoke and no harme will come in them.

### *Against Drunkenesse.*

**D**Rinke the iuyce of Barrowe fast yng, or els the Barrowe of Worke fast yng.

### *To make Linnen Clothe or*

### *Fearne white.*

**T**ake a Herryng Barrell, and fill it full of Ale dregges, and stoppe it fast, but  
first

## Treasure.

First you must haue a good dishfull of parched Beanes, and putt them in a Linnen bagge, and beeyng hott, putt them to the Dregges till thei coole, and shut it fast the space of one quarter of an houre, then take a pound of Allome ground to poudre, and cast it therein, and let it lye so fower daies well closed, then washe it.

*To remedie the Foete that are  
sore with Trauaile.*

Take plantaine and stampe it well, and anoynt your feete with the iuyce thereof, and the greese will swage.

*A notable experiment against the  
Phitiske of the Linges.*

Take of the Wimpernell brought into very fine poudre twoo unces, of newe Wimpernell water, and of Sugar as much as shall suffice, making thereof an Electuarie, of whiche take dayly two dragmes.

Parslie with crummes of bread applied in the steede of a plaister, doeth heale the

B.v.

Shin.

## The VVidowes

Shingles, but the decoction of the same  
drinke, doeth breake the Stone. Florenti.

**M**Intes put into Milke, it neither  
suffereth the same to curde, nor to  
become thicke, in somuche that la-  
yed into curded Milke, this would bypung  
the same thynne againe, so that by the same  
vertue and propertie he saicth to resist, & a-  
bate the generation aswell in man as wo-  
man. Florentinus.

*A good drinke for the Pestilence.*

**T**Ake a Lilly roote and washe it cleane,  
and boyle it in white Wine till the one  
halfe be wasted, and then giue it the sicke to  
drinke, and he shall breake out full of blad-  
ders as if he were burnt or scalded, whiche  
of theselues will drie & ware hole. Pastor.

**C**hestnuts eaten with Honey fastynge,  
doe helpe a man of the Cough.

*To make a perfect blacke Inke to  
write or lime with all.*

**Take**



## *Treasure.*

**T**Ake one pounce of Galles, one pounce of Gumme Arabicke, of Vitrioll an ounce, bruse your Galles and Vitrioll, and put them into a vessell fit for your purpose, fill it with white Wine, that al your stuffe maie be couered aboue a hand heth: Then set it in the Sunne and stirre it daely.

### *A very good Greene.*

**T**Ake the iuyce of Rew, Verdegres, and Saffron, braye them, and when you will vse it, mingle it with Gumme water.

### *An other Greene.*

**T**Ake greene Bize, steepe it alone in Vineger, then straine it through a Linnen cloth, and grinde it with a little Honey and Gumme water.

### *An Emerauld Greene.*

**T**Ake Verdegres, Vitarge, Quicke siluer brayed to powder, and ground with the pisse of a yong childe.

**For**

## The Widowes

For to make a Couler like Golde.

**T**Ake an vnce of Oypment, one vnce of fine Chistall, bray them seuerally, and mingle with them the white of an Egge.

**T**Ake Saffron dried beaten into powder, and put to it as much glistering Oypment that is scalie & not erthy, then with the Gall of a Hare or a Wyke, bray them together, put them in some viall under a Dunghill five daies, then take it out and keepe it, for it is the couler of gold.

*A notable receipt to make  
Hipocras.*



**T**Ake of Ginger two dragmes, of Sinamoin 1.3 of Cloues, Nutmegges, Galāga, of eche a quarter of an vnce, stampe them, and put them in a Bagge or Strainer, then take a pinte of y best red or white Wine that you can get: or a pinte of good Rahneste, and mire them al together, then take a pounce of Sugar fined, and hauing stamped it, put it into the other Wine, and

## *Treasure.*

So poore it vpon the Strainer wherein you  
did put the saied Wine with Spices, then  
haupng taken it out you must poore it on  
againē, so often vntill it become as clere  
as it was before, stirryng it sometyme in  
the Strainer or Bagge, with this speciall  
note, that that is but to make a flagon  
full: therefore as you will haue it in quan-  
tity, take the more stoze of the saied chy-  
nges: You maie binde a little Muske in a  
fine linnen cloth at the ende of a Strainer;  
so that all the substance maie runne ouer it;  
So that it shall haue the ood of Muske.

*A very proper deuise to make Lightes  
of an excellent sauor.*

**T**Ake two vnces of white Encence,  
of Camphire an vnce, beate it in  
pouder, & make thereof little round  
pelletes, addyng therunto some white  
Clare, then put them in a Platter full of  
sweete water, and fire the pelletes with a  
Candle, and you shall haue an excellent  
light and sweete sauor.

*To destroye Life.*

**Take**

## *The VVidowes*

**T**Ake Frankensence beaten to powder,  
and a quantitie of Bozes Grease, and  
boyle them together in an earthen panne,  
and herewith anoynt the places where the  
Life are.

*To make red Inke.*

**T**Ake two vnces of Brasill, and a pinte  
of water, and put the Brasill into it, and  
let it remaine there sixe or seven houres,  
then seeth it untill the third parte be demi-  
nished, and it is an perfect Redde.

*Whether the Wine be mingled  
with water or not.*

**T**Ake ripe Mulberies and put them in  
your Wine, if they swimme the Wine  
is pure, but if they sinke there is water  
mingled. Also a Peare cleane pared cau-  
seth the same effect.

*To heale lippes that are chape  
with winde or colde.*

**N**EW Ware, Basticke, and Frankens-  
sence, with Oyle of Roses, all this  
made

## *Treasure.*

made in an oynment, and therewith anoynt  
the chappes, and thei will heale presently.

### *For kided heeles.*

**T**ake Gumme Dragant and Galbanu,  
of eche a like, and make thereof a pou-  
der, then take Oxe Tallowe, and a little  
Oyle of Violetttes, and melt them on the  
fire, and therein put the saied powders, and  
make heresof an oynment, and herewith  
dresse your heeles.

### *For Scabbes in Children.*

**O**yle of Roses the weight of sixe pence  
in common Salte, and a little freshe  
Butter, stirred altogether untill it become  
an oynment healeth them.

### *To destroye Crabblife.*

**A**shes laied in Oyle, or take of Aloes,  
Olibanum, and Ceruse, of eche fower  
onces, beatyng them all into powder, and  
mingled with Oyle of Roses, or freshe  
Barrowes grease.

*An*

## *The VVido Wes*

*An order to make Wormewood water  
of the best sorte as followeth.*

**T**AKE sixe gallons of old and strong Ale,  
and take a voyder full of Wormewood  
cleane picked and washed, the water well  
wring out of it, or shaken, halfe an vnce of  
large Mase, halfe an vnce of Cinamom,  
two vntes of Nutmegges, a quarter of a  
pounde of Anniseedes, and as muche Li-  
quorise, and bruse all those Spices toge-  
ther, but not to small, and cut the Worme-  
wood betwixt your handes, and then set all  
these together in the pot, and still them as  
you still Aqua vitæ together, & so you shall  
haue two quartes of the best, besides the  
smaller or weaker.

*To make a good Possset Curde.*

**F**IRST take the Milke and seeche it on  
the fire, and before it seeth put in your  
Egges accordyng to the quantitie of  
your Milke, but see that your Egges bee  
tempered with some of your Milke that  
standeth on the fire, and you must stirre it  
still untill it seethe, and beginnyng to rise,  
then

## *Treasure.*

then take it from the fire, and haue your  
drinke readie in a faire Basou on a Cha-  
singdishe of coales, and put your Dike in  
to the Basou as it standeth, and couer it,  
and let it stande a while, then take it vp,  
and cast on Ginger and Sinomon.

### *A medicine for the Mother.*

**T**ake Deppe Royall and stampe it,  
then take it. sponesfulls of the same  
iuyce, & a sponesfull of Sallet Oyle,  
and let it seeth awaie two partes, then bu-  
n that remaineth but the quantitie of the  
Oyle onely, and anoynt the place where  
the Mother riseth.

### *To make Sirrup of Rofes or Flowers.*

**F**irst haue a glasse with faire water,  
and make it warme in a pot of see-  
thyng water, and when your water  
in the glasse is warme, then put to it Rose  
leaves, and let it stande till it be colde, then  
wring out your Roses, and make the fore-  
saied water warme againe as before, and

*C.f.*

then



## The VVidowes

then put in other Roses, & so doe it. dates,  
and then put in Ginger, and see the it untill  
it be Sirrup.

To take awaie the Cough  
or Stitche.



Take a pinte oz a quarte of Mal-  
messe, one handfull of Anniseede,  
one handfull of vnset Hyslop, one  
Liquorishe sticke bzused, halfe a dish of  
sweete Butter, see the all these thynges to-  
gether till thei be thicke, and after spread it  
vpon a tosse of wheate bread, and lay them  
with in a linnen cloath, as warme as you  
maie suffer it to your stomacke. But if you  
will take this for a Stitche, leaue out the  
Butter.

The head anoynted with the iuyce of  
Leekes, preserueth the heare from falling.

To make Iellie.

FOR a pottle of Iellie, take of Sina-  
mom a quarter of a pound, of Ginger  
twoo unces and di. of Graines twoo  
peniworth, of long Pepper twoo peni-  
worth,

## Treasure.

Worthe, Cloues halfe an vnce, of Sugar  
two poundes vi. of Turnesoles two vnces  
and vi. and ten Nutmegges, looke that the  
Spise be good, and well made cleane, then  
take sixe Calues feete, or an olde Cocke,  
and thre quartes of Claret Wine, and a  
pinte of water, and let them boyle so long  
together, vntill you maie see the sod liquoz  
clamishe betweene your fingers, then take  
it from the fire and straine it through a  
Strainer, and so let it stande till it be cold,  
that the filth maie dissende to the bottome,  
and when you will finishe your Telle, take  
the best of the saied liquoz and put into an  
other pot with the proportion of Spises,  
and boyle them together by the space of  
half an houre, and in the meane tyme, make  
cleane your Turnesole and dust it well,  
then take a lable full of the saied liquoz and  
put your Turnesole in it, and when it is a  
little well soked, then wring out so oft as it  
shall be needefull, vntill your Telle be faire  
coloured: Then take the whites of eight  
Egges, and beate them together a good  
while, and skimme of the froth, and a little  
before you shall thinke it tyme to draine  
your Telle, put the saied whites into the

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Telle

## The Widowes

Jellie with thre spoonfulls of Vineger,  
and forthwith drawe your Jellie through  
a Tollen Bagge, and put in a branche of  
Rosemary in the ende of it, and sodde it.

### How to dresse Oringes.

**T**ake Oringes and shaue them with  
a knife, and quarter them like an  
Apple, and take out al the meate out  
of them, and laie them in water, and shifte  
them twice a daie, ther when you thinke  
thei be enough, take them out, then set on  
faire water on the fire, then put your Orin-  
ges in and parboyle them, then take them  
out and set their mouthes doune wardes in  
a flasket, that the water maie runne out,  
then set on faire water ouer the fire to par-  
boyle them againe, and if thei bee not well  
parboyled, boyle them againe till you may  
pynche them through, then take them out  
and put them in a faire cloth, and laie them  
in a flasket that it maie draine out of the,  
then take a gallon of runnyng water & put  
the into it, and at euery foure Oringes you  
must put in a pounce of Sugar, and when  
you haue doen so: set it on the fire, but be-

fore

## Treasure.

foe you set it on the fire, take an Egge and  
broke it, & take out the white of it and laie  
it in water, take your hand & beate it in the  
water, then set it on the fire, and let it burne  
clere vnder it, & looke that no smoke arise,  
and when it doth seeth, skumme of the top  
of it very cleane, then take it of the fire, and  
with a Strainer straine it into an other  
pot, then put in your Dringes, then make  
the fire good and temperate, so that it seeth  
not to fast, then you must take a sponge and  
skimme of the fume: so that you touche not  
the Dringes, & as the Sirrup doeth seeth,  
so with a spooue turne them, and alwaies  
laie the Sirrup vpon the Dringes, when  
thei haue sod halfe an houre take them out,  
and let your Sirrup seethe a good space,  
then take some of the Sirrup and coole it,  
and if you see it any thynge kisse, then put  
the Dringes into it againe.

## To preferue Damsons.



Take a Glasse that hath a wide  
mouth, and strawe some Su-  
ger in the bottome, then laie a  
rowe of Damsons and a rowe

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of

## *The Widowes*

of Sugar, thus doe till your glasse bee almost full, then put to it Rosewater and a fewe Cloues and a little Sinamom, then stoppe your glasse with paste: then haue a pot with hot water readie on the fire, and put some hape in the bottome of the pot for sauyng the glasse from breakyng, and let not your pot boyle to fast, then take vp the glasse and licke whether your Sugar bee consumed, and in the meane space make readie your Sirrup, then when it is cold put in your Damsons. The Sirrup must bee made of Sugar, and Wine, Rosewater, and whole Sinamom, or halfe faire water: prouide that the glasse must boyle till the Sugar be consumed.

### *To make drie Peares.*

**T**Ake faire water and Rosewater according to the quantitie of your Peares, then take Honey as muche as you thinke good and put in your Peares, then let them seethe very softly that they breake not, then take them out and put them in a Collander, and let them draine, then when you drawe your bread put them  
into

## *Treasure.*

into the Duen in some earthen panne, and if thei be not drie at the first, put them in againe vntill thei be drie, then barrell them.

*For the shaking of the hande.*

**W**Ashe your handes in the water that is in a lauoz, and put therein some Sage, let your handes drie of them selues without wpping.

*To staie the bloudie Flix.*

**T**Ake and cut out a peece of a peece of Beefe of a newe killed Dre aboute the Bisket, & eate it rawe, and this helpeth it.

*To restore the Bloud againe.*

**T**Ake halfe a pinte of Buskadell, and a penyworth of Sallet oyle, and put the together and drinke it in the mornynge, and walke an houre after.

*For runnyng of the Raines.*

**T**Ake Pellitory of the wall a good handfull, wilde Tyme and Parslie, boyle  
C. iij. them

## *The Widowes*

them in a quartre of strong Ale until it come to a pinte, and drinke thereof morning and evening nine or ten daies halfe a pinte at a tyme, and warme it.

### *For the Agewe.*

**T**ake a handfull of Smalledge, and a handfull of Bay salte, and a handfull of white Frankensence, and sixe Plantaine leaues, beate all these finely in a Morter, then deuide them into fower partes, and laie two partes to your wyes, and other two partes to the bought of your armes. An houre before your sit come, you must haue a pinte of Ale sodde to the halfe, and when it riseth skymme it, then put in a white bread crust, and let it see the with the Ale, and when your Agewe becometh to come drinke it, and eate the crust of bread.

### *A drinke for the Agewe.*

**T**ake Bay leaues and Sage leaues, and see the them in white Wine, after straine the Wine from the leaues, then take Bay berries and bruse them  
some.



## *Treasure.*

somewhat grossly & put them in the Wine,  
and a little before your sic cometh drinke it.

*A medicine for the Wormes in a  
Childe belly, or any othe.*

**T**Ake a pounce of Hare Butter and  
clarifie it in ☿ Sunne, then take two  
poundes of Wormewood stamped,  
and then waite it after it be stamped: The  
Wormewood must bee gathered greene,  
then mingle them together with your han-  
des after thei be put together, and set them  
in the Sunne nine daies in a pot of glasse,  
and let it boyle an houre and a halfe, then  
straine it, so put it vp in a Gally pot or in a  
dubble glasse, and alwaies at the full of the  
Moone annoynt the belly of the partie a-  
gainst the fire, and at no tyme els, and the  
medicine made in Hare.

*A medicine for to get the Beetewigges  
out of a mans Eare.*

**T**Ake Herbgrace, stampe it and straine  
it with Aqua Composito, and put the  
iuyce into the Eare that is pained, after he  
C.v. done

## *The Widowes*

Downe on that side, and binde a cloth fast about the head, and it will come out.

*For a Legge that is swolne  
With a fall.*

**T**AKE Hemlockes, and heate them hot bewene Tyles, and laie them to it, and it will aswage the paine.

*For a Wenne when it beginneth.*

**T**AKE an olde Lable and holde it against the fire butill it doeth frie, & anoynt the Wenne with that that frieth out of the Lable thre or foure tymes in a daie, and it will helpe it.

*For the Collicke.*

**T**AKE a quarte of white Wine and make a Posset, then take the Posset Ale and put therein a handfull of Mother of Tyme, and a handfull of yong Parslie, and seeth it in the Posset Ale, & take halfe a penyworth of long Pepper and put in the Posset, and giue it the Patient to drinke.

*For*

## *Treasure.*

*For the Canker in the mouthe or throte,  
or to washe your teeth that be hol-  
lowe and stinketh.*

**T**AKE a quantitie of reddy Sage, and ris-  
croppes of Rosemarie, and Honeysuc-  
cles, and wilde Daisies, and Sinkesoyll,  
boyle them all in a pinte of faire water till  
it be sodden the halfe pinte, and then take a  
little Roche Allome and burne it to pow-  
der, and then take halfe a sponesfull of Ho-  
ney, then put them into a faire cloath and  
straine it, and when it is could put it into  
little glasses.

## *For the Goutte.*

**T**AKE Camomill, Balme, Hollishockes,  
Lettis, Wallowes, Grounsell, Chick-  
weede, of eche a handfull, boyle them in  
faire water till it bee tender, then take a  
quantitie of greate Omeale and beate it  
small, then put it into those Hearbes that  
you haue boyled with twoo sponesfulls of  
Capons grease, and then boyle them alto-  
gether untill it bee so thicke as it maie bee  
spredde vpon a cloath, and as you see the it,  
stirre

## *The Widowes*

stirre it that it burne not too, then heeryng  
soode spredde it on a cloth, that it maie bee  
laied to the greened place as hott as maie  
be, and it shall helpe in twile dressing.

**I**f you haue any paine in the sole of your  
foote, take halfe a dosen of the leaues of  
ground Iuie, and pick the and wrappe  
them to the sole of your foote, and so conti-  
nue untill you finde ease.

## *To preferne Quinces.*

**F**irst pare your Quinces and core the,  
then take to every pound of Quinces,  
a pinte of Rosewater and a pounde of  
Suger, then take the Rosewater and Su-  
ger, boyle them together with some of the  
cores of the Quinces, then clarifie the Li-  
quor with the whites of Egges, and set it  
ouer the fire againe, and when it seetheth  
put in the Quinees, and cast in a sticke or  
two of Sinamom, and if thei cast not cou-  
ler quickly, couer them and let it seethe un-  
till you maie put a Rushe through them,  
then let it stande untill it bee could, and so  
set it by.

*Marme-*

## Treasure.

### Marmalade of Quinces.

**T**AKE your Quinces and core them,  
and pare them, then put to them so  
much water as shal suffice to boyle  
them so tender that they may bee strained  
when they bee sodden, put out as much of  
the liquor as you leaue when that you haue  
sufficient to straine it, and let it stand vntill  
the next daie morning, then measure with  
a pounde dish how many poundes of sub-  
stance you haue, then take to every eight  
pounde of Quinces five pound of Sugar,  
then put it to the liquor that you kept be-  
fore that your Quinces were first sodden  
in, and then set it on the fire and let it seethe  
a while, and clarifye with white of Egges;  
then straine the saied liquor and put it to  
the substance of the Quinces aforesaid,  
and so set it on the fire, and let it boyle vntill  
it haue a faire couler, that it may cut at the  
sides of a dish, then put it into Bores. If  
you will put in any Muske, take Rosewa-  
ter a Saucer, and put in your Muske, and  
when you haue taken your Marmelade  
from the fire, immediately put in the same  
Rosewater and Muske, and steepe it toge-  
ther

## *The VVidowes*

ther and boxe it.

### *A Borage Tarte or Spinage.*

**P**Arboyle your Spinage, then stampe it and straine it with half a dosen yelkes of Egges, season it as your Creamie Tarte,

### *A medicine for the Plague.*

**W**hen you suspect your self to bee infected, goe to bedd, and cause a pinte of Malmesie to be put in a pot, and halfe a peniworthe of Graines beaten small to put in the same pot, boyle them together, drinke thereof as hott as you can and sweate.

### *A Whaie for Itche or breaking out.*

**C**larifie Whaie with the leaues of Succorie, Endiue, Borage of eche an vnce of Fumitorie flowers, of Hoppes an vnce, one Fennell and Succorie roote byrled, of great Raisons an vnce, let these bee clarified with a quantitie of Whaie,

## *Treasure.*

Whale, drinke thereof euery morning a draught warme five or sixe morninges, then take a handfull of Sene sodden in a pot closely stopped from a pinte to a quarter of a pinte, with a fewe Anniseedes brused, then straine it and drinke it in the morning fastyng, and by and by a little Alebury and some thynne broth.

### *Against the Fellon and Vncomes.*

**T**Ake an vnce of Sage, of Rewe the weight of the Sage in Sengreene, washe these together and shake out the water, dyle them cleane with a cloath, and choype them very small, then take sower Leuen the bignesse of a Tennis ball, blacke Sope a sponesfull, two sponesfulls of Tarre, stampe it in a wooden dish with a pestell of Wood, late the same morning and euening vnto it an inche thicke.

**S**Irrop of Fumetorie, openeth and taketh awaie all obstructions of the Liuer and Stomacke, and fortifieth all the members, it cureth all the sores about the inwards partes, whiche come of salte  
and



## The VVidowes

and burnt water, as Scabbes, Leper, and  
Frenche Poxe.

Sirrop of Rosa Solis good for Scruynyng  
or any other disease in the  
Stomacke.

**T**AKE a quarte of the best Aquacompo-  
sita, Aqua vita a quarte, a quantitie of  
the Roses of Solis cleane picked, & some-  
what dried in the Sunne, put all these in a  
glasse, set it in the Sunne foure or five da-  
yes, then take di. ʒ. of eale Ginger, di. ʒ. of  
Nutmegges, di. ʒ. of Cloues, white Pep-  
per, of Graines, Anniseedes, Coliander  
seede, Ana. a quarter of an buce of Sene, a  
sticke of Licoris, iiii. cornes of long Pep-  
per, di. ʒ. of Sinamom, then put all these  
Spices beeyng well chosen, finely cried,  
some what brused, into the pot, then take a  
quarter of a pounce of redd Corrans, di. a  
quarter of a pounce of Dates, a quarter of  
a pounce of Raisens of the Sunne, eight  
figges of Algary, vii. graines of Huske,  
as muche of Ambergrise, white and redd  
Corall, Ana. of Pearles ʒ. all these infu-  
sed together in the saied liquor, and set in  
the

## Treasure.

the Sunne forty daies, and closely covered that no ayre may come vnto it.

### *Aqua Rosa Solis.*

Take a pinte of Aqua vita, a gallon of the flowers of Rosa Solis wel picked, a peece of Angell golde, of Rosemary flowers, or the hearbe it self, and a quantitie of fine Sugar, still them in a Stillatorie, and keepe the water close, and occupie it by a sponesfull at once.

### *To make fine Cakes.*

Take a quantitie of fine wheate flower, and put it in an earthen pot, stoppe it close, and set it in an Oven, and bake it as long as you would a Pastie of Lemon, and when it is baken it will be full of clods, then seife your flower through a fine Sieve, then take clouted Creame or sweete Butter, but Creame is best, then take Sugar, Cloves, Mace, Saffron, and pelkes of Egges, so much as will seeme to season your flower, then put these thynges into the Creame, temper all together, then put  
D. J.      therto

## The Widows

thereto pour flower to make your cakes,  
the paste wilbe very thotte, therfore make  
them very little, laie paper under them.

*For to make an excellent Pomander.*

**T**ake of Storax Calamita ʒʒ. of Benge-  
win two unces, of Labdanum ʒʒ. of  
Cloues, white Saunders, of eche three  
dragmes, Pargerum two dragmes, mix-  
gle with these pouders Dulke and An-  
bergrise, of eche a scruple: make your ball  
with the infusion of Rosewater and Cl-  
uet in a Odyer some what warme.

*A precious oynment for all  
maner of Aches.*

**T**ake a pound weight of Sage, as much  
of Rewe, halfe a pounce of Worme-  
wood, and as much of troppes of Bayes,  
and beate them very small in a Morter,  
then take two pounce and a halfe of Shee-  
pes Tallowe, and temper it with the bea-  
tes that be beaten, and beate them againe  
together new, & then put them in a panne,  
and set them vppon hot Embers, and put  
thereto

## Treasure.

Here to a pottle of Oyle de Olive, and let it stande vppon the hot Embers two houres and a half at the least, the straine it through a course cloath, and put it in a earthen pot and so occupie it. This would be made in Maie or in Iune.

*For the Canker in the mouth.*

**T**Ake white Vineger a quartitie, with as much Honey: and then set them on the fire to boyle, with a little Allom: and walthe your mouth therewith as oft as shall neede.

**T**Ake the iuyce of Plantaine, and Vineger and water of Roses, and walthe your mouth.

**T**Ake the iuyce of Woodbin, & the iuyce of Solleque that is Harigoldes, and Honey, and powder of Capell, and powder of Copporus, & the powder of wild Sage, brent and medled altogether, and laie it thereon where the Canker is, and it shall drie it. But to staie the Canker, take a red Onyon and laie thereon.

## The VVidowes

**C**Arduus eaten or drunke in powder pro-  
uoketh Sweate.

**A** Mousse roasted and giuen Chilozen to  
eate, remedieth pissing a bedd.

*A precious drinke for the  
Pestilence, approued.*

**T**Ake Fetherfewe, Daffelon, Bog-  
worte, Solsegne, Scabious and Mal-  
lowes, washe them, and stampe them: and  
temper them with Ale, and giue the Sick  
to drinke sixe spoonfull at once, if he haue it  
betymes; it will bestroie the corruption,  
and saue the sicke patient.

*A singular medicine to resist  
the Pestilence.*

**T**Ake powder of Saffron ten graines,  
Malmutes twentie graines, Figges  
3. ii. and sixe Sage leaues stamped toge-  
ther with 3. i. of Rimpennell water, and six  
graines of Nithriatum, keepe this in a  
close glasse, and eate thereof in the mor-  
nyng twelue graines, and this will defende

## Treasure.

the receiuer from the Pestilence.

**T**HE greate garden Docke drunke in wine, purgeth Fleume, Cholour, and water downwarde.

*The vertue of Motherwort.*

**I**T groweth by the high waies and stonie walles, bushyng with many stalkes leaued like a Nettle, but more ragged, and towardes the bottome like Crowfoote. It is of wonderfull force againste any sicknesse of the harte: whereof the cheef name is deriued, it helpeth Cramps and Palsies, it killeth Wormes in the bodie, it clenseth the brest from Fleume, it doeth open cold obstructions, it prouokes Urine. Souereth Womens flowers the iuyce drunke of the herbe in decoction, and a Sponfull of the poulder of this hearbe given in wine, helpeth the harde labours of women.

*An excellent medicine against Impostumes, Plurisie, Coughes, and all diseases in the Breast.*

**T**Ake a handfull of Scabious the herbe dried, of Liquorice cutt small an ounce,  
D. iij.      twelve

## The Widowers

twelue Figges, Fenill seebe an vnce, Anise  
seebe as muche, Trius halfe an vnce, laye  
these in water or white wine a night, the  
next daie boyle them till it be consumed to  
the third part, then smeten it with Sugar.

### *A medecin for the Collicke.*

**T**Ake Otes and bren them in a pan, as  
ye doe parched Peason, and as hote as  
ye maie suffer it, laye them to the Nauell  
in a Linnen clothe.

### *For the same.*

**T**Ake a faire Slate stone, and make it  
brankende in the fire, and then take it out,  
and let it coole till the rednesse bee passed,  
and then take a halfpenni worthe of Saff-  
ron, and laye it vpon the stone, and turne  
it thither and be ther, vntill it be tourned al-  
moste to poulder, and take a Sponfull of  
Malme lie, and put the Saffron there vnto  
and so drinke, it will sone passe awaie.

### *A present remedie against the Plague.*

**Take**



## Treasure.

**T**ake a greate redde Oniſon, and make  
a hole in the middes, and put a ſpone-  
full of Triacle, roſt hym in the fire, take a  
ſponfull of Vineger, a ſponfull of *Aqua*  
*compoſita*: bruſe them altogether, ſtraine  
them through a cloth and giue it to drinke.

### For the Cough.

**T**ake three Figges and roſte them, and  
put them in a cuppe of Bere, and a lit-  
tle Liquorice, and Anniseedes beaten, then  
let it ſtand by the fire till it be warme, then  
take out the Figges and eate them, then  
drinke up the drinke and go to bed warme,  
and in iiii. nightes it breaketh the Cough.

### To delaie Heate.

**T**ake of Vineger one parte, fine Sugar  
two partes, runnyng water foure par-  
tes, boyle them altogether to the one halfe  
or more, and when you ſhal occupie it, take  
a ſponfull and a halfe of the ſaied Sirrop,  
and eight or nine ſponfulls of Barly wa-  
ter drinke it.

### To breake Flewme.

D. iiii.

Take

## The Widowes

**T**Ake a quartre of Muscadell, a pintre of  
Hyslop water, thre good Raisons, of  
tased Ginger, and as muche of Liguorice  
cleane pared, then take two peniworthe of  
Sugercandie brused, put all these in a  
glasse, shake them together, couer your  
glasse foure and twentie houres, drinke  
thereof moynynge and euenynge.

*A Preperatiue before you purge  
the Stomacke*

**T**Ake Sene three unces, of Monpopy  
three unces, of Anniseedes three unces,  
seethe all these in a quartre of water to a  
pinte, and straine the through a faire cloth:  
put in Sugar to make them pleasant.

*To purge the Stomacke.*

**T**Ake a handfull of Mercurie, as muche  
of yong Mallowes, an vnce of Sene,  
three sponcfulls of Anniseedes, put them  
in a pintre of white Wine and as much Ale  
all night, the next day seeth them together  
till halfe bee consumed, then drinke a good  
draught thereof in the moynynge, sleepe up-  
pon

## Treasure.

monit.

An excellent Purger from all partes  
of the Bodie.

Take an unce or two of perfect Turpentine of the cheefest, mase it and dissolve it in a Porter with a Pestell, with halfe the yelke of an Egge, put therto three unces of Smalledge water, beate them together till it be like Milke, and suppe it bp, but first wash your Turpentine in Fennell water.

To make the heare of the Beard  
to growe.

Take Cane Rootes, Britonie Rootes, Beetes, Radishe, Flower de Luce Dyonions, of eche a like: the quantitie of foure unces, fixe fat Figges brused and stamped very small, Maidenhere, Sotherne wood, Hille, of eche a handfull, seethe all these in good Wine, then wring out the liquor and straine it through a Strainer, then put to it frethe Butter neuer salted, pure Honey two unces, Oyle of Almondes sweete and lower, Oyle of Selsania an unce, Drimell,  
D.v. Squillicke,

## The Widows

Squillicke halfe an vnce, the powder of Meale, Migeella, Fenegreake well sifted and thoroughly houlced in a Boulter, one handfull of Grasse, Labdanum an vnce: see tyse vpon the fire and stirre them well till it be thicke. This Linament beyng applied to the Chinnie and Cheekes will become beare: The bodie first purged from all filth inwardly, proued by experience.

**O**yle of Mirrhe healeth all Ribes, Burynges, Pimples, Cliftes, about the Fundament,

**O**yle of Tartar mingled with Camphire, the face beyng therewith anoynted, it maketh it faire and smothe,

*For a cut or sore Bruse.*

**T**ake Rootes of Louage, Alhose, Parselie Ana.  $\mathfrak{z}^{\text{ss}}$ . beate them in a Morter very fine, then take Barrowes Grease and boyle them together, then straine forth the Iuyce: then take as much vnwrought Ware as a Walnut, half asmuch Rosine, and let them boyle together: and after you haue thus doen, let it passe through a strainer

ner

## *Treasure.*

ner into a little panne of water, then let it stande untill it bee could, then labour it in your handes untill it bee somewhat shorpe, and then wrappe it in a peece of Leather, and so vse it.

### *For a weake Backe.*

**T**ake sixe croppes of reed Nettle, two sponesfulles of Archangel flowers, and shredde them fine, and take two newe laied Egges and stirre it together, make three or foure Fritters with a morsell of sweete Butter, frie them in a little earthen panne, and let them bee eaten without bread or salte, but with fine Sugar.

### *The Plaisler for the Backe.*

**T**ake white Archangel flowers and leaues, Cumphrey leaues and rootes 1. Plantaine and Burfa Pastoris Ana. 1. 3. beaten very fine, and put to them a sponesfull of Honey, and frie them in a fryng panne, and deuide it into foure partes, and make of euery parte a plaiser, and so laie it to the Patients backe euery night a plaiser.

*Maister*

## *The Widows*

*Maister Roses medicine against the  
Stone, and to cause one make  
water.*

**T**Ake a new laid Egge, and in the great  
ende thereof make a hole, and take out  
the yelke and white of it, and laie the hole  
of the same Egge downewards vpon a hot  
Brickstone vntill it be purged, so that you  
maie make powder thereof, then take it and  
drinke it with white Wine first in the mo-  
rnyng, and last in the euening and it helpes.

*For the heate in the Raines, and to auoyd  
the blistryng of the mouth.*

**T**Ake Linerwort, Sorrell, Succorie,  
Balme, Ana. i.  $\mathfrak{z}$ . and seethe these in a  
quarte of White well clarified halfe an  
houre, and drinke thereof euery morning  
a good draught of halfe a pinte at once.

*For one that is deasse.*

**T**Ake sweete Sallet Dyle half a pound,  
adde to it Wormewood, Sorrell, An-  
niseedes, Perwinkle, Ana. di.  $\mathfrak{z}$ . and drie all  
this

## *Treasure.*

this to powder: Take powder of olde Reddes, an unce of Colloquintida beyng boyled in Dyle a good while, then straine it through a cloth a good while, and put hereof thre droppes into the eares of the partte that is greued beyng warme, and vse this euery daie twise: this hath bin proued,

## *Against the Pyles.*

TAke a greate siluer Ele, flea him, brase hym, and let hym touche no water nor salte, cut him in gobbittes and rost him: the first dropppyng beyng cast out: take the next dropppyng, and with a fine Linneu cloth beyng dipped in it, the dropppyng of the Ele beyng heate, and so with the cloath soke it vpon the places greued: this will helpe be thei neuer so sore.

## *For the passion of the Harte.*

TAke redde Rose leaues, the powder of Saffron, the Dyle of Haze, and melt them together, quilt the same in a litle thinne Silke, and drawe it ouer with a litle thinne Cynet, and apply it to the region



## The Kidowes

**For the harte.** Take twelve of the yelowest Dock roo-  
tes, scrape them as you will scrape  
Marshmallies, cut them small and stamp  
them very fine, set them ouer a Chafin  
dishe of coales, and put therein halfe a dishe  
of swete Butter, and let them boyle toge-  
ther till your Rootes bee readie to straine,  
and when they bee thoroughly boyled straine  
them, and when you haue so doen: put them  
to a spongefull of Balaistone beaten to pou-  
der, then stirre them both together, and set  
them in a coold place and it will be a salve,  
and so let the Patient anoput his bodie be-  
fore the fire, and let it sake into the skinne,  
use it mornynge and euening.

### For a Fellon.

**T**ake Leuen very sowe, and crumme it  
into a litle Napkin, then take a quarter  
of a peny dishe of Butter, and foure spon-  
fulls of Rose Vineger leaues and all, and  
so boyle all together, and laie it to the place  
as hot as maye be: this is proued.

## Treasure

To destroye an Impostume.

**T**ake the Rootes of Wallshocke and  
washe it betw pure, seeth it till it be  
tender, then put that water that you  
foude it into a cleane vessel, then take Lin-  
seed, & fenegreke of eche the like quanti-  
tie, and looke that you have as much of  
them bothe as of the Roote, then seeth it in  
the same water untill it doth rope as Bird-  
lime, then stampe the Roote, and put ther-  
to Barly Meale, then mingle all together  
and frye them with Bores Grease, and fast  
it to the soze plaister wise.

For the Remedy and Cough of  
the Lungs.

**T**ake yong *Elicampagne* rootes a pound,  
of Sctrach, of Maidenberr Ana. i. 3. all  
being newe gathered: scrape the *Elicampagne*  
rootes and cut it into small slices, seeth  
them all together into five pintes of run-  
nyng water till they come to a pinte and a  
halfe: then straine them, and put therto fine  
Sugar three quarters of a pounce, they  
doylent till it come unto three quarters of

## The VVidowes

a pinte, then take two pelkes of newe lased Egges and beate them; and let them boyle together while you make sale *Psalm. Miserere*, and take hereof at night a sponesfull, and an other in the morning; lying on their backes an houre after they haue receiued it, and in foure daies keeping them warme; it will ridde the greatest Cough that is.

For a Canker or dis ease of the  
Gummes of Throate.

**T**ake a handfull of Plantaine; a handfull of Wonsuccles, an ounce of Daisie leaues, halfe a handfull of Sage, a quartre of runnyng water: these thynges beeping boyled therein untill it come to a pinte, then straine them and put therein five sponesfulls of sharpe Vineger, five sponesfulls of Stone Honey, as much Roch Allome as a Walnutte: This is proued to heale a Canker.

A Gargell for a farred mouth.

**T**ake Barly water, Strawberie leaues, and Sinkfyll, Ana. ʒ. a stick of Licquorice,

## *Treasure.*

quozite, di. pinte of white Vineger, let it runne through a twofolde Linnen cloth: it is good for a furred mouth or throte.

*To heale the Canker vpon the Yeard.*

**T**Ake an vnce of Roche Allome, and half an vnce of Verdegres, with Smithes water, and put all in some vessell of glasse, and seethe it two houres, straine it and vse it as you thinke good.

**P**illute *Alphange*, helpeth the stinkynge of the mouth, beyng taken euery daie, nipped betwixt your teeth.

*For a Stitch or winde Collicke.*

**T**Ake *Capillus Veneris*, Parslie rootes, Fennell rootes, of eche a quarter of an vnce, bruse these Hearbes and drinke the iuyce with white Wine.

*Heare to growe.*

**A** Cornes burnt and mixt with Beares grease.

*Against Spottes and Pimples  
in the Face.*

*C. 1.*

*Aligella*

## *The Widowes*

**N**igella brayed and mixed with flowre  
and Honey, and make therof an opnt-  
ment, and anoynt herewith the spottes at  
night, and in the morning wash them with  
Parslie water.

*For a hot burnyng in the Stomacke grow-  
wen of Choler, whiche causeth  
the Fever.*

**T**ake Bozage, Ballowes, Fumitorie,  
Ciolet leaues, Beetes, great Raisens  
the stones taken out, Primes, Polipody,  
with a little Dill: see the these in Portage  
and eate hereof.

*For a fawstlem Face.*

**T**ake the iuyce of Houslike, and the iuyce  
of Tansie, and see the them in a pinte of  
white Wine to make a pinte, and when it  
is coloe, laie it to the face with a Flaxen  
cloth dipped in the same, and so let it lye all  
night, and when it is drie, then you maie  
wet it so often as you list.

*For an ache.*

*Take*

## *Treasure.*

**T**Ake oile de Baie, and *Aqua vita* a sponfull, and mixe them together, and anoint it.

*For heate in the face.*

**T**Ake a pounce of Almondes, a pinte of warme water, straine them, then put thereto halfe an ounce of white Campher, a pint of white wine, beate them together, and straine it with a pinte of Bergeraine water, and putte it in a glasse, and washe therewith.

*For the same.*

**T**Ake Vineger halfe a pint, Deres suet as muche as you can holde in your hande, Brimstone so muche as will goe into an Egge: beeyng finely brused, seeth them altogether, till they bee almoste drie, beeyng made in a ball, take a little thereof, and put it into a saucer, and melt it with a fewe coles; then take a fine clothe and dipp therein, and rubbe softly the place where the corruption is, vntill it be taken awaie.

If this helpe not within a moneth, then drinke euery morning a cuppe of Beare,

*C.ij.*

put

## The VVidowes

putte into it fine Englishe Hadder, finely  
picked, bzused, and searsed, and drinke it.

*For the same.*

**T**Ake Capons grease, melt it and strait  
it thzough a clothe, and let it stande to  
coole a quarter of an hower, then putte in  
Brimstone finely bzused, and mingle it  
with the Capons grease, and annointe the  
face therewith when you goe to bed, where  
the pimples be oz rednesse, and in the mor-  
nyng washe it with Rose water luke  
warme: Remember you picke not your  
Nose, if you will haue it stronger, putte in  
Ginger finely beaten: a peni worthe of eche  
will serue, but of Capons grease is. v.

*To vomit vp Cholour.*

**T**Ake five Docke rootes cleane washed  
and the pithe taken out, a fewe toppes  
of redde Mintes, and a little Wormwood  
beyng steeped in a quarte of Ale, oz white  
wine all night, and drinke thereof halfe a  
pinte at one drafte: It is good to cleanse the  
bodie in all partes, as before is saied, per-  
happz with a scoole oz twoo, this is appro-  
ued.



## *Treasure.*

ued, beeyng taken betweene Marche and June.

*For a Fellon.*

**T**Ake twelue Snales in the garden, and beate them shelles and all, untill that it come to a salue, and applie it, and when it waxeth drie, take freshe still, and it will kill heale, and drawe.

*To stoppe the whites in Women.*

**P**Onigranet flowers, the kirknelles of Pineapples brused together, with two or three brauncher of S. Johns worte, beying boyled in a quart of red wine from a quart to pint and a halfe: and drink moynyng and euenyng,

*For the stuffyng of the Lightes  
and Linges.*

**T**Ake *Arthemisia*, *Epithimum*, redde Sage, Rosemarie toppes, redde Fenell of eche a handfull, a Galingale roote, halfe. ʒ. of greene Ginger, halfe ʒ. of *Mannus Christi*: a sticke of Liquorice, seethe it from a quarte to a pinte.

E.iii.

For

## *The Widomes*

*For the heate in the backe,  
approved. D. Huick.*

**T**Ake the water of Plantine distilled, or the iuice thereof, put to the leaues, the leaues of redde Roses distilled, and the water of redde Roses, and the water of redde Rose Vineger, then put all these together in an pearthen pot, and put into the water a linnen clothe, and let the same steepe there then after a while take it out, and with a few leaues of a redde Rose cake, laie it to the backe, and when it waxeth hot, vse another clothe dipped therein.

*To drie vp the Reume.*

**T**Ake Nutmegges, Cloues and Mace beaten to powder, with the powder of Rosemarie: boile these together in sweete Sallet oile, untill it bee somewhat thicke, spread it vpon a clothe, and laie it to the crowne of the heade: This is approved to helpe it.

*To keepe the eyes cleare, coole, and from  
relnesse, and to kill the Itche.*

**Take**

## *Treasure.*

**T**Ake of Planten twoo handfull, Hous-  
leeke one handfull, stampe them and  
straine them, and lette it settle, then powre  
out the cleare iuice frō the drosse, put there  
to halfe as muche redde Rose water, and a  
quarter of a sponfull of white Sugar can-  
die in powder, the takē lapis Caluminaris a  
peece as bigge as your thumbe, and flake  
it twelue tymes in the same water, and  
hereof put sower droppes Mornyng and  
euenyng, lyng vpon your backe. Approued.

*Against Collicke and Stone in  
maner of a plaster.*

**T**Ake Parsley and Smalage, ana. two  
sponfull of Capons grease, put this in  
an yearthēn vessell, puttynge the one spon-  
full in the bottome, and the other in the top,  
vpon the herbes, set these on the embers to  
boile from Dorne to Night, then stampe  
them and straine them, and spread the oint-  
ment vpon a linnen clothe, and laye it hote  
to the nauell, and bottome of the bellie.

*A Clister to bee giuen to a child,  
or woman in chidbedde.*

*E.iiij.*

*Take*

## *The VVidowes*

**T**AKE a pint of newe Milke, three vneces of redde Sugar candied, boile pour Milke well, then take it of, and let it stande till it bee no warmer then you can abide it on your checke, and with a Clister pipe put it by.

### *A Clister*

**T**AKE a Hen pullet, drawe it very cleane and breake all the bones thereof, then seeth it with a quarte of licour, vntill that it come to a pinte, then take a handfull of Spinage, one handfull of Marche Mallowes, or other Mallowes, and a handfull of Violet leaues, seeth these hearbes in the licour of the pullet verie well, with as much salt as will season an Egge, then put there to a Saucerfull of pure Sallet Oile, and warme it.

### *To breake the Stone.*

**T**AKE a Cocke of a yere olde, and open hym, and you shall finde in his Haue small white stones, take them and beate them in a brasen Morter verie fine, and put it in good white wine, and drinke it, and it will breake the Stone,

*Against*

## *Treasure.*

*Against tooth ache,*

**T**Ake a little burnt roche Aloome, and in the burnyng put a little fine Lint into it, and put it into your teethe that is hollow this will ease the paine.

*A medicine to strengthen  
the backe.*

**T**Ake a quarte of good Ale, three or fouer whole Baces, and as many Dates, the stones taken out, and pithe also, then take the toppes of Rosemarie a good handfull, and boile all together, frō a quart to a pinte, then take the oile of twoo or thre newe laied Egges, and take of the rinde about the yolke, then put the yolke into the Ale, and boile them together and stirre the well, and so drinke it morning and evening

*For the heate in the backe:*

**T**Ake *Vng. frigidum Galeni* ʒ. iij. you muste take the ointment and spread it vpon a fine Linnen clothe, beyng first dipped in redde Rose water, then warme it against the fire, and so laye it vpon the Kidneis, and when it waxeth hotte take it of,

E.v.

and

## *The Widowes*

and laye to an other.

*For the Collike and Stone.*

**T**Ake the cuttynges of a Vine, and dry  
them thoroughly, when you will make  
your medicine burne them: Then take the  
ashes that doeth come thereof, and it into a  
pinte of Renshe wine, or white wine, and  
let it stande in it all night, and in the mor-  
ning drinke thereof: thus vsyng the quan-  
titie of the vine, to the quantitie of the wine.  
*Præbatum est.*

*To stanche Blood,*

**T**Ake the best Vineger that you can  
get, Plantaine water, of eche two  
poundes; and therein wettt diuers  
Linnen clothes, and laie them to the soles  
of the feete, the paulme of the hande, and a-  
gainst the Liuer: and the blood shall forthe  
with stanche.

*To take awaie Spottes from the  
handes or Sunburnyng,*

**T**Ake the iuyce of a Limon with a litle  
baye Salte, washe your handes with  
it

## *Treasure.*

it and let it drie, then washe them with  
Cundite water and you shall finde all spots  
gone: it is good against scurfe or such like.

### *Against the stuffyng of the Lungs,*

**T**Ake and make a posset of Sacke and  
Ale, with Aniseedes and Licoris bea-  
ten to pouder, and lette it seeth with the  
drinke, put in it a good peece of fuger and  
Dredge, if you haue any, and drinke there-  
of euery mornynge, it helpeth.

*A water to washe the yard, for one  
that had the runnyng lately  
of the Raines:*

**T**Ake Daisies, Plantine leaues  
and Woodbine, of eehe thre hand-  
fulles, of the best Englishe honie,  
and a peece of roche Aloine as  
bigge as a walnut, boile all these in a quart  
of faire water, with a pretie quantitie of red  
Rose water, in an y earthen pot close coue-  
red, so long as you will seeth an Egge, un-  
till it be hard, then straine it, and with this  
water with your serpyng, squirt it into the  
yard, the water beyng luke warme, so that  
the



## *The Widowes*

the pipe thereof bee put an inche or more,  
and spoute it strongly, that the water maie  
come behinde the sore place, and so vse it e-  
uery daie thre times, for a monethes space,

*For Senewes that be shrunk, in ma-  
ner of an ointment.*

**T**Ake twelue pong Swallowes out  
of the neste, take also vnset Tyme,  
the leaues and stringes of Strau-  
beries, and Lauender Cotten of eche a  
handfull, and stampe them together, and  
the Swallowes, with their feathers, gut-  
tes and all, then stampe them in a mortar,  
and so boile it in Haie Butter, and then let  
it be put into an yearthepot, stopped close  
the space of nine daies, then seeth it againe  
with some more Haie Butter, and straine  
it, & when neede is chase it against the fire.

*For sore eyes that smart or itche.*

**T**Ake *Lapis Caluminaris*, and make  
it hot in the fire, quench it in a pinte  
of white wine, thre or fower tymes,  
then take the Stone and stampe it to fine  
pouder, and straine the wine with the pou-  
der,

## Treasure.

ber, and putte it in a glasse, and when you  
haue neede vse it. Remember to shake the  
glasse till it be thicke, and with a feather  
droppe twoo or three droppes in your eyes  
the partie lyng on his backe.

### *Against the Sciatica.*

**T**ake fower or fūe greate Onions  
and roste them very softe, then  
pill and stampe them in a mortar  
and put thereto halfe a pinte of  
*Aqua vita*, three sponfulles of Meates  
seete Dile, and boile them together till it  
waie very thicke, then straine them, and  
therewith anoint the greif, chafing it in be-  
fore the fire a quarter of an hower, euening  
and morning, then laye a wilde Cattes  
skin thereto, the hearie side nexte your flesh  
and within xv. daies you shall haue ease.

*An oyntment for Aches, Bruises, Lame-  
nesse, Stitches, Goutes, hardnesse of  
the Splene, Agewe, Can-  
kers, and for paines  
in the eares,*

**Take**

## The VVidowes

**T**Ake of Sage and Rewe, of eche a pounde, of Wormewood of Baye leaues, of eche halfe a pounde, of Sheepes Sewet cleane picked from the skinne three pounde, of sweete Oyle Olife a pottle, choppe the hearbes very smal, and then stamp them as small as maie be: then shreadd the sewet very fine, and put them all together, and then stampe them altogether untill the sewet bee not seene: then take it forth and put it into a faire panne, and put the Oyle into the panne and couer it close, and so let it stande for the space of ten daies: then take it forth and breake it into a brasse panne, and set it on a soft fire, and alwaies stirre it untill the hearbes bee crackyng, then take it of and straine it through a wide Canuas clothe into a faire earthen pot: and so keepe it. For those vehement aches when you shall laie of this oymntment vpon it, you must take the Woll that groweth betweene the Sheepes legges or the longest of the Woll, and carde it in broade flakes, and baste it vpon a linnen clothe, and keepe that alwaies to it.

To cause one to pisse.

Take

## *Treasure.*

**T**ake Horsdung of the Stable newe,  
Maie Butter and *Aqua vita*, of eche  
like portions, frie them together and make  
thereof a plaister, and applie it to the Pa-  
cient from the Nauell to the Fundament  
as hot as you maie suffer it; and feare not  
though it cause to make bloud to issue, for  
suche is the workyng of the medicine: it  
causeth the Stone to auido: approued.

*A soueraine medicine for an ache  
in the Shoulder.*

**T**ake Figges & Raisens of the Summe,  
of eche a like quantitie, and half a smuch  
Mustard seede, and beate them very small;  
grinde them with the best Vineger in a  
paire of Mustarde Quernes, that doens;  
spread it vpon a Lambes skinne and late it  
to the ache.

*To stanche blond at the nose.*

**T**ake an Egge and breake it and put  
out the meate, and then receiue so much  
blond as will fill the shell of the partie blee-  
dyng, that doens; set the same in the fire vntill  
still

## [The Widowes]

till it bee harbe, then burne the same to a  
shes, and it will stanche the bleedynge.

*Idem.*

**T**AKE an Inkeell and binde the person so  
bleedynge about the Temples of the  
head, and knie the knot thereof in the neck,  
and it stancheth.

*For an Agewe.*

**T**AKE three pintes of Ale, an vnce of red  
Sage, the like quantitie of Baye lea-  
ues, three vnces of fine Sugar, with a  
sponfull of Pepper, seeth all these together  
in the Ale vntill it be sooden to a pinte, then  
straine it through a faire clothe, and drinke  
this before the fit commeth.

*To binde to the handes being parcell  
of the same medicine.*

**T**AKE as muche greene glasse as will fill  
a sponne beeyng beaten to pouder, take  
three sponnefulls of Stone Honey, with a  
handfull of redde Sage: mingle these with  
a head of Garlike, pryncypng thereto as ma-  
ny Cobwebbes as will temper the same,  
beyng

## *Treasure.*

being an Eggeshell full, then take them all together and vse this a quarter of an houre before the sitt: This must bee vsed rounde about the wisttes.

*For one that consumeth to be eaten  
in the mornynge.*

**T**Ake a newe laied Egge let it bee rere roasted, and put therto a cake of *Mannis Christi*, and let it dissolue in it: and eate the same eueryng and moynynge.

*For a colde Stomacke.*

**T**Ake a newe laied Egge beyng rere roasted, and put thereto a pretie quantitie of grosse Pepper: let hym eate it next his harte to dissolue colde humors.

*For the swellng of the harte, and  
breaking of Fleume.*

**T**Ake a quarter of a pinte of Damaske Rosewater, three sponesfulles of white Wine, with a fewe soppes of white bread, a pretie quantitie of Butter and Sugar, this beyng boyted vpon a Chafingdishe of  
F. s. coales

## *The Widowes*

roales, let the partie eate thereof thre or  
fower sponfulles after meate.

**T**Ake a small quantitle of Malmeſſe,  
Butter, and Vineger, of Roſes, boyle  
them in a Chafingdiſhe, and put thereto a  
Roſe cake to heate in it untill it be thorough  
ſoked, and laie it to the ſtomacke, and let  
the partie be rouled.

*Against an Agew, the Plague, and good  
to comforte Nature:*

**T**Ake a pinte of Malmeſſe, and a hand-  
ful of Baie weede bruſed, and the iuyce  
thereof put into Malmeſſe, and let the par-  
tie drinke thereof.

*For the winde Collicke:*

**T**Ake of Sacke and *Aqua vita*, of eche  
a quarter of an vnce, put therto a peece  
of Sugar, and let the partie drinke therof.

*To skoure the inward partes, and for  
the riſing of the Lungs:*

**T**Ake a pinte of Sacke and burne it: for  
to delaie the heate thereof, put therein



## *Treasure.*

a penitworth of Treacle, a little Ginger, a Nutmegge grated, Sinamoin a good quantitie with Sugar, and after it is boyled put thereto a penitworth of Sallet Oyle, and drinke thereof mornynge and euening: it will cleanse the bodie.

### *For an Agewe:*

**T**Ake a pretie quantitie of Daffadendillies the blades, & bruse them and seeth them in a pinte of Ale or Wine, with a sponesfull of Grayns brused: let the partie drinke thereof before his fit come.

### *For one that is deaffe:*

**T**Ake a redde Droyon and cut out the coze beeyng in the middelt thereof, puttyng therein the Oyle of roasted Almondes, the Droyon beeyng somethynge warme: the next mornynge when it is cold, let the partie greued cause one to droppe three droppes thereof in the eare of the partie in the mornynge or euening, stoppyng his eare with blacke Woll that groweth vnder the Sheepes eare; and let hym lye on the same side.

*F. ii.*

*Idem:*

## The VVidowes

*Idem:*

**T**Ake grounde Iuie the iuyce thereof,  
and white Coperis beyng burnt, and  
laie the same in the iuyce of the Iuie till it  
be dissolued, and so vse thre droppes mo-  
rnyng and euenyng.

*For the bloudie Flix:*

**T**Ake Iurden Almondes and blanch  
them, and let them boyle in English  
Honey till thei be blacke, and so eate  
them with a little of the best English Ho-  
ney.

**A**sher Beades beaten to powder and  
put into a Chasingdishe of coales, the  
partie greeued must sit ouer them as he  
would ease hym self.

*An excellent medicine for the  
ene Sicknesse.*

**T**Ake a gallon of mornyng Milke  
after it be settled, Creame and all  
take also a breast of the yongest  
Deale, and the fattest you cā get  
and washe it faire, and drie it with a clothe,

## *Treasure.*

so that no water remaine in it, bruse the same bones and all, and putte it into the Milke, take twelue Dates or more, and cut the in the middes, and take also a quarter of an ounce of whole Mace, and halfe a pound of Currōs, two handfulls of Mintes, a handfull of wilde Tyme, and put all these into the Milke with the Ale, and let the liquor seeth untill halfe be consumed in seethyng, and when it is well sodden, it will bee as a Jelly: when it is colde the patient maie either drinke it beyng warme, as a brothe, and maie be eaten as Jelly beyng colde. If the patientes stomacke will beare it, make a tosse of wheaten bread, and soke it in Balmisey, and strowe vpon it the powder of Mintes, the partie must vse this v. or sixe weekes, or as long as you thinke good, beyng towarde Spring time, with some exercise.

*To prouoke Vrine speedely.*

**T**ake Wood Betonie bothe rootes and leaues, washe them, and putte the to drie in a seeue into an Duen, where Broune bread hath been newly dra-

*F. iij.*

*wen,*

## *The Widowes*

Wien, vse halfe a sponfull of this pouder in  
white wine Posset ale, Potage, or in your  
drinke.

*For heate in the Liuer.*

Take a quarte of Strauberries, wilde  
T Tansey, three pintes of new Milke,  
still all these together, and drinke it in  
the mornynge nexte your harte, and washe  
your face therewith.

*To preserve Nature, to cate  
a Mornynge.*

T He yolke of an Egge with *Manna*  
*Christi.*

*To make a Clister.*

Take a fatte Sheepes head, or a Ca-  
T pon, a handfull of Beetes, a handfull  
of Hallowes, a handfull of Tiolettes  
and if the pacient be hoie, take three spones-  
full of oile of Roses, if colde, take the like  
quantitie of oile of Tiolettes, boile al these  
together, vntil it come to a pint, then strain  
it, and let the pacient drinke.

*For*

## *Treasure.*

*For one that is weake, and to  
comfort the stomacke.*

**T**Ake a pinte of Sacke, and burne it  
with a topp or twoo of vnlet Hylope  
and Rosemarie, take thre Dates  
beaten in a Morter to pay, and let it burne  
with the wine, also with a newe laied egge  
beaten, a sponfull of Damaske Rosewater  
and a sponfull of Salette Dile, drinke this  
mornyng first, and night last.

*For the like.*

**M**Almesey burnt with a halspenworth  
of Saffron, beeyng dried to powder,  
with Salette Dile and Triacle of eche a  
halspenworth, vse it mornyng & euenyng.

*Per Idem.*

**N**ettle seedes dried and beaten to pou-  
der, and dronke with Malmesey eue-  
ry mornyng.

*To restore Nature, and helpeth  
a weake Backe:*

*F. iiii.*

*Take*

## The VVidowes

Take a quarte of Sacke , a toppe of  
**T** Rosemarie, winter Succorie, Peni-  
riall, of eche a like, Ginger , & Nut-  
megges , as will burne the wine . Then  
take a newe laied Egge of two yolkes and  
all, and beate it with thre sponfull of redd  
Rose water , and putte thereto a peece of  
Sugar , then take the burnt Sacke , and  
and burne it with the Egge a good while,  
and put in it a Hace, and it will bee in ma-  
ner of a caudle, vse to drinke of this warme  
thre tymes a daie, moorne, after diner, and  
when pou goe to bedde, putte therein some  
Sallet oile.

### To staie runnyng of the raines:

Take a pinte of Milke , and a good  
**T** quantitie of Otemeale, beeyng well  
brysed , and seeth it with the Milke,  
and putte therein a good peece of Sugar,  
and eate the Milke thereof being strained

### A precious ointment or oile.

For swelling or aking in feete, or in legges  
or in knees, taken with colde, excellent to  
heale a wound, farre better then any balme  
for olde bruses and shrinking of Senewes,  
merueilous

## Treasure.

merueitons good: an Oile for all maner of  
sores passyng all other. Thus it is no-  
ted in an old Register booke:



Ake a Gallon or a pottell of Sal-  
let Dyle, of the best, then take  
Sage, Lauēder, Southernwood,  
Tloymewoode, and a quantitie of Camo-  
mell, after the quantitie of the oile, and cut  
the hearbes smal, then put them in that oile  
in a faire bason of Laton, or other mettall,  
and stirre it well together, and put in so  
many hearbes that it maie be thicke, stan-  
dyng, and so let the stande and rotte a mo-  
neth full: then make a faire fire of Coles,  
and puttyng to a quantitie of the same oile,  
set it on the fire in the same bason, and let it  
boile thre howers or more. Then take it  
from the fire, and let it freie, and when it is  
Diske warme, or somewhat hotter, then  
take a bagge of greate Canuas, and with  
a staffe straine out all the matter as cleane  
as you maie, and then put it in a glasse, or  
other faire thying, and keepe it well closed,  
and it will continue in his vertue twentie  
peres after. *Probatum est.*

*For stued Mutton.*

*F. v.*

*put*



## The Widowes

**P**UT your Button into a potte with faire water, and let it seeth and scome it faire, then put in Salte, make not too muche brothe, then take Hysop, Time, and Herseley, and choppe them small, and put them into the pot with a little Peper, and serue it out with soppes, and if icbe in Winter, put in some Carret rootes.

*To dresse a Hare or Conie in brothe,  
with a puddyg in their bellies.*

**Y**OUR Hare or Conie beeyng flected, and the eares left on, let it be washed in twoo waters, haupng before prepared in a readinesse grated bread, Corianders, sweete Button suet, or Beeffe suet finely minced: with pleasant and whoisom hearbes, as Winter Sauerie, and Peniri- all, with sweete Hergerome, these also be- rie finely chopped, and seasoned with Peper and Salt, Cloues and Mace, the yolkes of three Egges, with sweete Cream, and Sugar, with twoo or three Dates, all these mingled together, put into the bellie of the Hare or Conie, and so sowe it by: Then take Button brothe of the beste and fattest, put it in suche a Kettle where your Hare

## *Treasure.*

Hare maie lye compasse, or Comie long wales, after it hath boyled a little, put it in, and put thereto Grapes, or Goseberies, Sweete Butter, Salt, Vertuice, Corans, grated bread and Sugar, and when it is boyled, serue it forth with sopps.

## *Mutton.*

**P**UT your Mutton in a pot with faire water, and let it bee well scummed, then take some tostes of breade and tost them broune, and then cast them into cold water, but take them vp againe quickly, and let them lye and drie a while, then straine them with wine and Vineger, and so put it into the pot and let it boyle: Put in some Pepper, whole Cloues, and Sina-mom, and let all this bee well stewed, but forget not salte. Serue it out vpon soppes, and boyle some Dupons in it cut into peeces. And likewise th's will serue for Cleinson, Balardes, and Teles.

To boyle Chickins with Endiue and Succorie, or Lettice, or any other  
colde Hearbes.

Prepare

## The *Widowes*

**P** Repare a Loyne or Rache of good Mutton with a Haribone or two, and beeyng chopped, put it in a Pipkin with faire water ouer the fire, and let them seeth a pretie while together, then take half of it out of the Pipkin, and straine it with a Strainer, then put in your Chickins, afterwardes hauyng prepared your colde hearbes cleane washed put them in: Also hauyng steeped your white bread readie to straine through a Strainer, let your broth be therewith thickned: So take Pepper, salte, vergis, and Sugar, and season your broth: then vpon soppes serue it forth with the Harrowe vpon it.

### *For small Lampernes:*

**L**ET your Lampernes be cut in small peeces: then take a fryng panne with Butter and Onyons minsed, and so frie them together: And when thei be well fried put them in a pot, then take two Tostes of broune bread and toste them well, then straine them with a quantitie of Vineger, Wine and water: and put thereto a little Pepper and Cloues and Baces, and boyle

## *Treasure.*

boyle all this together with your Lant-  
pernes vpon the coales: and so serue them  
out with soppes.

### *To potche Egges in Broth:*

**T**AKE Uergis and faire water, and a dish  
of newe Vest, and put therein Cloues,  
Mace, Corrans, Suger, sweete Butter, a  
handfull of Spinage, and let them boyle a  
good while, then hauiyng poched your Eg-  
ges in faire water that is seethyng: then  
laie your Egges in brothe and serue them  
forth with hearbes laied ouer them.

### *To bake Breme, Trout, Mulletts, Pike, or any Fishe:*

**L**ET them be well seasoned with Clo-  
ues and Mace, Salte and Pepper, and  
so bake them with small Corrans, Uer-  
gis and Butter, great Raisens & Prunes.

### *For Soppes on the Fishe daies:*

**T**AKE some Onyons and frie them with  
Butter a while, then take water, pep-  
per and salte, and put all together into a

**pag**

## *The VVidowes*

pot with the Butter and Onyons, and let them simmer vppon the fire : And so serue them out vppon Soppes, and cast a few small Raisons vpon the Soppes, and put the Broth vpon them.

### *For Spinage.*

**T**Ake Spinage and washe it well, then laie it vpon a boorde and giue it fīue or sixe choppes with a knife, then put it into a fryng panne with a little faire water and seeth it well, then take Butter, Aergis, and Salte, and put it to the Spinage, and so boyle it together in a pott, or betweene two platters : and so serue them out with Soppes.

### *Sodde Egges.*

**S**Eeth your Egges almost harde, the peele them and cut them in quarters, then take a little Butter in a fryng panne and melt it a little browne, then put to it into the panne a little Vineger, Mustarde, Pepper and Salte, and then put it into a p'atter vpon your Egges.

## Treasure.

### For Oxe Tongues boyled.

**W**hen your Oxe Tongues bee boyled, take them and péele the, then cutt them ouerthwart in small peeces, then frie them with Butter, and put them in a pot with tolltes strained with Wine vinegar and water, and let the boyle: put thereto Salte, Onyons quartered, Pepper, Sinaniom, and whole Cloues, and so serue them with Soppes.

### Spinage.

**T**ake Spinage and parboyle it well, then wring the liquor cleane from it, then choppe it very small, and put it into a plattet and breake some Egges into it: then take a handfull of grated bread and put into it and suger with a litle salte, and beate all this together: but let it not be to thicke nor to thinne, but better thicke then thinne, then take a fryng panne with some Butter, and when the Butter is a litle more then melted, take a spoone and laie your Spinage in the fryng panne euer y sponfull by hym self, and so frie it as you would frye Fritters, and put it in a  
dishes

## The Widowes

dishe and cast Sugar on it.

*For Egges.*

**T**Ake some Egges and beate them well with a litle faire water and salte, then take a frying panne and melt your Butter and then put in your Egges, then take a knife and lift vp the Egges, that the rawe maie goe all to the bottome of the panne, then turne it vp with your knife on euery side, that it maie be square, then laie a dishe vpon the panne, and turne the panne vpside downe vpon the dishe: and so serue in your Egges with Uergis or Vineger, as you will.

*A drinche to plume vp a Horse, and to expell colde, to cleare hym of the Glaunders and to open the pipes.*

**T**Ake ground Tillis, *alias* Groundsell, Emulatampane, of eche a handfull, stampe them and straine them in Ale, seeth them alltogether: then take of Fenicreke, of Turmericke, Anisseedes, of Cumminseedes, of Garlike, of long Pepper, of Licorice, of Graines, and if he haue the



## Treasure.

The Bittes of wormes giue hym Sauiue.  
Giue him this drinke like warme a quart  
at a tyme, then ride hym till he bee hotte,  
then bying hym into the stable, and litter  
hym well, and corrie hym till he be thorow  
colde, then let hym after stande vppon the  
Bittes, and turne hym to grasse.

**T**o a Horse that hath eaten a Feather;  
giue abranche of woo of Sauiue drie.

### A drenche for a Cough.

**A** Quarte of Vineger, Femcreke a pe-  
niworth, Turmericke i.℔. Enulatam-  
pane i.℔. long Pepper i.℔. Baiberics i.℔.  
Licorice ii.℔. fower Egges, Anisseedes,  
lay the Egges in Urine al night, and after  
in these drugges beaten, & so giue it y beaſt

**T**o make a good powder to giue a Horse  
in his prouender, or to giue hym a  
drinke for the Cough, and o-  
ther inward disease.

**T**ake of Licorice i.℔. cutte it in peeces  
and beate it into powder, then take A-  
nisseedes i.℔. of graines, i.℔. of Turmericke,

℥.j.

j.℔.

## The VVidowes

i.℔. of Fenicreke, i.℔. one Nutmegge, half  
a pinte of Oile Oliue, a quarte of Milke.

*To cause a Horse to haue  
a good Hoofe.*

**T**AKE Cowdongs, or Drebong, and let it  
be mingled with strong Vineger, and  
in the euenyng applie it (beyng made very  
hotte vpon his feete, and wrappe vpon the  
hoofe, a peece of Leather, or some old rag-  
ges to keepe in the heate, and withyn twoo  
drespynges it shalbe remedied.

*For a Horse that is stong with an Ad-  
der or Snake, a present remedie.*

**T**AKE three handfulls of Sanctie (it is  
a weede commonly knowen) and stamp  
it, and putte it in newe Milke, and with a  
horne drinche hym. Or take Honie and  
Salte, and twoo Onions: Then stampe  
them, and applie it to the sore place, and  
drinche hym with this composition as fol-  
loweth: wine a quart, and put into it white  
Pepper, Warddegrate, and Tyme with a  
little Triacle.

And

## Treasure.



**A**D if he bee prickt with a naile, this is a sure remedie, search well to finde out the Naile, his Hoofe beyng cleane pared, specially the corrupted place or hole, where the naile had festered, then take Rosin and Olape to fill the same place, and with an hotte Iron, lette stone Pitche be melted vpon it, and laye therevpon some Cotton, then beyng well shodde againe you maie trauell hym at pleasure.

**I**f your Horse by happe drinke a Horse-leche, he is in greate danger, for by their sucking they will kill hym: but presently take sweete Oile, and powre into his mowthe the quantitie of a quarter of a pint, and it will destroye them quickly.

**I**f your Horse swallowe doone Venegong in his Waie, it will so frette his guttes, that he will boide at his fundament, varie foule excrementes, whiche beyng perceiued, make hym a drinck with Parseley seede, Smalledoge seede, Monie, and wine, and walke hym at least after it two howers.

## The VVidowes

**I**f your Horse haue the Bottes, giue hym euery Morning two handfulls of Agrimome, without any other meat in his racke, till sixe howers after, and with in fower or fūe daies, it shall destroy them.

**I**f your Horse bee Loulie about the eares, Necke, or Taile, or of any other part of his bodie: Take the best Sope you maie haue, a pound, and halfe a pound of Quicke siluer, mortified with *Aqua vita*: and with this ointment you shall destroye them.

**I**f he can not pisse, giue hym a quart of Chalke water somewhat warme: if broken winded, take Longwort dried, or Dwarle Gertian, and mingle it with his water that he drinketh till he amende.

If he be scabbie: let hym be let bloud,  
**I** and after ward with this ointment,  
let hym bee anointed where the scabbies are. Take Soote of the Chimney, soft Sope, the iuice of Hemlockes and Vineger, Quicke siluer, liquid Pitche and Honie and mingle them till they come to bee an ointment.

## Treasure.

**ointment.** Kill the Mercurie with fastpung  
lyttle.

If his backe bee galled, take the pou-  
der of twoo old shooes beyng burnte,  
with a pretie quantitie of Butter mol-  
ten, and powre it vpon your horse backe be-  
rie hotte, after that, put the powder thereon.  
This is approued.

*An excellent medicine for a sore Horse-  
backe, if he bee neuer so brused, if  
there be a Fistula it healeth  
it, or any ded fleshe.*

**T**Ake a quantitie of Alome and burne  
it, and also take a handfull or more of  
Barley and burne it, and take the powder  
thercof, and mire it with the roche Alome,  
beyng bothe mingled together. powre it v-  
pon the sore, Moynynge and Euenyng, but  
if the sore be corrupt, and full of dedde flesh  
then vse more of the roche Alome, then of  
the powder of Barley, and when it begin-  
neth to heale, vse them bothe together, but  
more of the Barley then of the roche A-  
lome; this is a moste excellent remedie, if

G.iiij.

you

## *The Widowes*

you haue no Allom presently, let hym take a good quantitie of Butter and Uergis, and put it vpon the fire, and make it very hotte, and so powre it vpon the soze Dornynge and Euenynge, layng a little Hape and a clothe, binde it close all night. If the Horse be pinched and swolne then kepe it warme and dippe a pad of Hape in the water, and laye it vpon it, and keepe the Saddle, or somewhat els vpon it all night, and it will delaye the swellynge. *Proved.*

*A present remedie for the  
Cowe fluxe.*

**T**Ake a pottle or gallon of faire water, and put therin so many Hedgshoes as will suffice to be steeped in the saide water, and sette it ouer the fire to seeth, and therewith mingle the powder of Chalke egges, whiche you maye haue at the Mill, because it is the best and finest in medicin: and geue it your cattell.

*For faint cattell, aswell Cowe,  
Oxe, Bull, or Stere.*

**O**uely Uergis is the remedy given the to drinke, and presently tourned to good pasture.

## Treasure.

**O**R els thus: take for every one a pint of Virgis, and putte thereto a little handfull of Baiesalte, and therewith rubbe their tongues, and afterwarde lette them drinke the rest, as we haue aboue declared.

**A**ND also, sometymes by euill fedynge or brousynge, their teethe are so loose that thei feede not, whiche you shall remedie thus. Take the taile of the beast thus diseased, and with your hande feele for soft places, whiche beynge founde, slitte it along and binde it by again with Sote and Garlike mingled together, and it helpeth presently.

**B**Ut the moste perfectest medicine that maie bee giuen, is to haue this speciall care, that thei want no water.

*An excellent drenche for Cattell to bee giuen them, either at the Sprynge tyme or fall of the Lease.*

**T**Ake harde Soote that commonly is vpon the post of a house or rooffe where the smoke hath his issue, which beynge bea-

C.iii.

ten



## *The Widowes*

you haue no Allom presently, let hym take  
a good quantitie of Butter and Clergis, and  
put it vpon the fire, and make it very hotte,  
and so powre it vpon the sore Horneyng  
and Euenyng, laying a little Hape and a  
clothe, binde it close all night. If the Horse  
be pinched and swolne then kepe it warme  
and dippe a pad of Hape in the water, and  
laye it vpon it, and keepe the Saddle, or  
some what els vpon it all night, and it will  
belaye the swelling. Proued.

*A present remedie for the  
Cowneflix.*

**T**Ake a pottle or gallon of faire water,  
and put therin so many Wedgfloes as  
will suffice to be steeped in the saide water,  
and sette it ouer the fire to seeth, and there-  
with mingle the powder of Chalke egges,  
whiche you maie haue at the Mill, because  
it is the best and finest in medicin: and giue  
it your cattell.

*For saint cattell, aswell Cowe,  
Oxe, Bull, or Stere.*

**O**nely Clergis is the remedy given the  
to drinke, and presently tourned to  
good Pasture,

## Treasure.

**O** R els thus: take for euery one a pint  
of Virgis, and putte thereto a little  
handfull of Baiesalte, and therewith rubbe  
their tongues, and afterwarde lette them  
drinke the rest, as we haue aboue declared.

**A** ND also, sometymes by euill fedynge  
or brousynge, their teethe are so loose  
that they feede not, whiche you shall reme-  
die thus. Take the taile of the beast thus  
diseased, and with your hande feele for soft  
places, whiche beyng founde, slitte it along  
and binde it by again with Sote and Gar-  
like mingled together, and it helpeth pre-  
sently.

**B** Ut the moste perfectest medicine that  
maie bee giuen, is to haue this speciall  
care, that they want no water.

*An excellent drench for Cattell to bee  
giuen them, either at the Sprynge  
tyme or fall of the Lease.*

**T** Ake harde Soote that commonly is  
vpon the post of a house or rooffe where  
the smoke hath his issue, which beyng bea-

G.iii.

ten

## The Widowes

ten into powder with Baye salte, seeke the same in Runnyng water and giue it them to drinke. Ranche Iuie with the Shote and salte, and when the Iuie is soft, wring out the iuyce and straine it through a strainer, and let your Cattell drinke thereof bloud warme. Often proued.

**I**F thei be hidebounde, take the leaues of Flowredeluce, straine them and let the drinke the iuyce thereof. It is approued.

**I**F thei be swolne of the Taint, giue them to drinke presently mang brine mingled with Salte and Treacle. Approued.

**I**F your Cattell viz. Horses, Milche-kine, or Oxen happen to bee brused or wounded by any misfortune, presently giue them to drinke the iuyce of Sanicle, and also apply the hearbe to the outwards parte where the grief may happen. Comphrey is of the same vertue, especially for a fall quat or bruse.

**S**nailes stamped with sowre Leauen and Comphrey, and applied to any  
part

## *Treasure.*

parte of the Beaste that is pricked with thorne, it will draw it forth sone.

*For Cattell that are sicke or hurt.*

**T**HE bloud of a Graie mixed with salte, and instilled into the hoynes of beastes, is approued for to preserue them from the Murren.

**I**F you suspect them to be infected, apply to their nostrelles the hearbe Denitroyal somewhat bzused.

**O**R cut the beast in some parte and put into the wound powder of blacke Helebor, whiche is of this singuler vertue to drawe vnto it any paysoned humour, and it yeeldeth present remedie.

*A soueraine drinke for al maner of Cattell that you suspect to be Lung sick.*

**T**Ake me of the hearbe that is called Cowslippe, or Lungwort, it groweth vnder euery hedge, and stamp it, and put thereto Fenegreeke and Mad-

G. b.

dec

## The VVidowes

per with good Ale, and with a Horne of  
pretie Tinnell drenche either your Horse,  
Oxe, Cowe, or Swine, and it shall yeelde  
present remedie if there bee any diseale in  
the Lungen.

**D**earse Gentian: of some called Docks  
Gillofer, small chopt and giuen to  
Swine, and all other Cattell it preserueth  
them wonderfully from the Purren, and  
all suche contagious diseases as happen to  
Cattell in corrupt tymes.

**T**HE bitter Uetche is mosse profitable  
to bee giuen to Oxen or other Kine,  
that you are desirous to haue sone fatted.

**T**HE water whiche standeth in the hol-  
lowes of Beeches, doth perfectly cure  
the naughtie Scurfe and wilde Tettors  
or Scabbes of Men, Horses, Kine and  
Sheepe, if thei be washed therewithall.

**T**HE leaues of blacke Elder are very  
good Fodder and feedyng for Kine,  
and causeth them to yeeld store of Milke.

Wickham

## Treasure.

**P**ricktimber or Spindelstree is hurtfull for all Cattell, especially Cotes, for it killeth them if that thei purge not presently upwardes and downwardes.

**H**ogges and Swine are very quicke of hearyng, and are giuen muche to sleepe, and will eate their owne Pigges, and feede vpon vile carrion: which causeth them many diseases, as botche, vyle, and soze throte: But the best remedie that I knowe, is to let the bloud vnder the lung, and giue them Madder with Pancis, called hearbe Trinitie, sodd in Alehaie: and it shall heale them presently.

*Moste precious and approued drinches  
for all cattell, but specially  
Kine and Oxen.*

**T**Ake twoo handfules of Lungwoyte of bothe kindes, of Rewe, of the inner rinde of Elder, these bepng small chopt, let it be put in a gallon of good Ale, whiche breyng set ouer the fire in a Skillet, lette it seeth till a quarte be consumed, then stirryng it, putte thereto

## *The Widowes*

thereto of long Pepper, of Graines, of Licorice, of Anisseedes, of Cominseedes, of Turmericke, of eebe an vnce: of Gadder a quarter of a pounce, and while these seeth, take me a greete boyledishe, and put therein a handfull of Baie Salt, halfe a handfull of Garlicke, three oz. fower newe laied egges shelles & all: two balles of Dylament, grinde all these thynges with a Pestell in the boule, then take the liquor aforesaid from the fire, till it be half cold, and put the warme liquor into the boule, with the Garlicke, Salte, Egges, and Dylament, brew them together well, and let beastes drinke of this blood warme.

**O**ften tymes by many occasiōs, Oxen will pisse blood, whiche maie bee holpen thus: Take twoo unces of Bromeseede, twoo unces of Pepper, three unces of redde Phasioli, made all in pouder, and mingle it with a pottle of white wine, and when you giue it them, stirre it well together, and drinche them twise or thrise a daie.

*An other excellent drinche.*

**Take**



## Treasure.

**T**Ake Baieberies a handfull, of Comin  
seedes two vnces, a handfull of Hab-  
ber, a haule of Dylamente, of Fenecreke,  
Turmericke, and Triacle, of eche an vnce,  
of Anisseedes and Graines, of eche two  
vnces, these beyng well pouned, put them  
into a gallon of good Ale, and let them bo-  
uer the fire till thei bee bloud warme, and  
suffer not your beastes to drinke till noone,  
in the Summer, and in the Winter not  
till night.

### *The vertues of Angelica or Healeall.*

**I**F any person be suddenly infected with  
the Pestilence, Feuer, immoderat sweat,  
let hym take of this roote in powder the  
weight of a grote, and put there a Wagme  
of Treacle, and then compound them with  
fower spanefulles of the water of the saied  
Roote, and then after he hath drunke: let  
hym lye and sweate fasting for the space of  
fower houres. It is approued.

**T**HE Roote steeped in Vineger and  
smelt vnto, & the same Vineger some  
times

## The VVidowes

tymes drunke fastyng, is an excellent preseruatue.

**T**HE Roote and water therof is excellent against all inwarde deseases, it skoureth the gatheringes of a Pleurisie when it becometh: it helpeth corrupted Lungs, good against the Collick, Strangurie, and prouoketh termes: menstruall in women: helpeth inflammations and swellinges. The iuyce of the Roote alluageth the paine of the teeth being put into it, and woorketh excellently against the paine in eyes, the iuyce of the Roote dropped into the eye quickneth the sight, and purgeth it from all filthe, and the water or pouder of leafe or roote, hath an excellent vertue of healyng of rotten Ulcers, and Canckrous Sores, for it cleanseth them and couereth the bone with good fleshe.

**T**HE Dearbe Cardus Benedictus, or blessed Thistle, is moste excellent against the headache, being eaten or drunke it is good against the goodnesse of the head, and comforteth the memorie, and restoreth hearing: the leafe, iuyce leede, and water, healeth

## Treasure.

healeth all kinde of paylons: for the water  
hath healed a woman, whose breast was  
eaten with a Canker to the very ribbes.

**B** Alme sodden in white wine, & drunk  
thre or fouer moynynge together,  
purgeth the breast, helpes the short  
windes, comforteth the hart, driueth away  
dumpe the heauinesse, helpeth the falling  
sicknesse and all other diseases. If you wil  
make still Balme, choppe the herbe small and  
keepe it in white Wine a night: it is of so-  
ueraine vertue, for it deliuereth Women  
from their panges and greefe of the Wo-  
ther: also it cureth the paines of the harte,  
it restoreth the memorie, and causeth sweete  
and pleasant sleepe.

**B** Etonie hath the like vertues, it is of  
saueraigne vertue to breake winde,  
and comforteth a weake stomacke,  
either the hearbe or flowre boyled, or the  
water distilled, the drie hearbe in powder  
worketh all the effectes, and then alone or  
with Honey, womē that are troubled with  
the Wothe let them vse it: to be short, the  
leafe, flowre, or roots of Betonie sodden or  
drunk

## The Widowes

Drinke in Conserue, Electuarie, Sterop,  
Portion, or Powder, is singular for all de-  
seases of the Stomacke, Liuer, Spleene,  
Kidneys and Bladder: It freeth the Pa-  
rtir from obstruction, and draweth from  
thence all hurtfull moistures, for consump-  
tion of the Linges, Coughes, Droppes,  
continuall Feuers comming from the sto-  
mach: haile the leaues and flowers of Be-  
tonie in Bonked water, and you shall haue  
present remedie.

*To drie and heale vp all sores.*

**T**ake of common Sallet oyle a pound,  
of Tzruce iii. vnces, of Licarge three  
vnces, Birchha halfe an vnce, make these  
like a Sere cloth which is made of Ware.

*Approued against the Plague.*

**T**ake Aqua vita three vnces, Rose wa-  
ter an vnce and a halfe, wherein lay in  
steepe three dragmes of Smanio, yealow  
Saunders one dragme: straine it through  
a hearen Strainer, and sweeten it with  
conserue of Roses, then take an vnce there-  
of euery morning, either in a spoone or vi-  
pon a Gasse of bread.

FINIS



